

express

**read.
ride.
recycle.**

When you're done with today's Express, pass it on. Or, dispose of it in a Metro recycling bin or other proper receptacle.

A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | JANUARY 9, 2007 | >> **FREE** <<

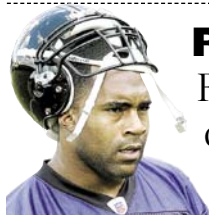
Tuesday



Federal officials are reviewing Sunday's crash.

Track Record: Crash probe focuses on type of Metro car | **11**

Al-Qaeda Strike: U.S. fires on terror suspects in Somalia | **9**



Running Man: Ravens' Lewis to carry a heavy load against Colts | **19**

ENTERTAINMENT

'Rome' Burns:

Lindsay Duncan stars as a powerful woman in HBO's epic historical drama. Plus, black-metal band Dark Funeral.

>> **13-17**



Weather >> Partly Sunny



46 | 30

FULL FORECAST ON PAGE 38

Showdown Over Iraq 'Surge'

Democrats may deny funds if Bush seeks increase in troops

WASHINGTON | In a blunt warning to the White House, congressional Democrats said Monday they may seek to deny money for the type of short-term troop buildup President Bush is expected to announce for Iraq on Wednesday.

As Democrats began their first full week in the congressional majority, Senate Majority Leader Harry Reid said he would "look at everything" to wind down the war effort, short of cutting off support for troops already deployed. He said Bush's expected

call for an additional \$100 billion for the war would receive close scrutiny.

House Speaker Nancy Pelosi suggested over the weekend using Congress' power to approve spending to restrain any troop buildup.

As commander in chief, Bush has wide constitutional authority to direct the military. Congress' principal power lies in its ability to control federal funding.

More than 3,000 U.S. troops have died in Iraq in a war nearing the end of its fourth year,



Pelosi

and many Democrats attribute their success in last fall's elections to public opposition to the conflict.

Bush is expected to make a nationwide televised address on the issue Wednesday. Several officials have said one leading

option for Bush is a so-called "surge" in troop strength, in which about 20,000 troops would be added to the force already in place, in hopes of quelling sectarian violence. DAVID ESPO (AP)

Minority-Led Group Pays \$33M for United



TEAM PLAYERS: Victor MacFarlane, front left, a new owner of D.C. United, jokes with co-owners Brian K. Davis and Christian Laettner, far right, after a news conference Monday announcing the minority-led group's purchase of the team. ♦ **Game plan:** Building a new stadium tops owners' agenda | **Page 18**

KINDERGARTEN | **But What Time Is Recess?** A Bangkok municipal office has launched a new program to increase productivity: Lights go out just past noon and civil servants are invited to take an afternoon nap. Seeking to infuse city workers



with a bit more pep, the district office has set up a lunchtime "nap room" with soft music, sweet-smelling flowers and strict rules barring mobile phones and talking, said Surakiet Limcharoen, the district's top official. (AP) **EyeOpeners** | **Page 2**

eyeOpeners

FETISHES

Because Buddha Is SUCH a Turn-On

Thailand on Monday blocked access to, and called on Buddhists around the world to condemn, a pornography Web site that uses an image of Buddha as its logo, an official said. The Web site, Buddha-porn.com, depicts sexual acts beneath an image of a golden statue of a seated Buddha and contains pornographic images divided up in to different categories. (AP)



COMMANDEERING

Either Way, the Public Got the Shaft

Cook County (Ill.) Board president Todd Stroger has lost his private elevator. It hasn't gone missing — but it's now open to the public, just a few weeks after it was set aside for Stro-

ger's private use. When staff members commandeered the elevator closest to Stroger's fifth-floor office at the county building last month, they said it was needed to keep the chatty official on schedule. "It's really for expediting his schedule so we can get him places and get everything completed," spokesman Bill Figel said at the time. (EXPRESS)



AXEL SCHMIDT/AFP/GETTY IMAGES

BIRTHDAYS

Or, Don't Wait Until We Sing

"Happy birthday to Tilo! Happy birthday to Tilo! Happy birthday to ... OK, well, um, just have your cake now. That's cool." Tilo, the ruling city bear of Berlin, wasn't waiting to devour his birthday treat on Monday in his enclosure. The bear celebrated his 17th birthday. (EXPRESS)



Students might not have gotten good grades, but at least the exam was easy.

REPORT CARDS

You Get an 'F' for 'Fat'

Almost 140 Hyannis (Mass.) Elementary School students went home last week with letters implying they might be at risk for becoming underweight or overweight after a height and weight screening. Some parents are angry. Vicki Elliott, whose 4-foot-tall, 66-pound daughter was sent home with a letter warning that she was "at risk of becoming overweight," said the letter singles out children about a sensitive issue. (AP)



SUPERB!

Every performance was stunning!

- WNYC Radio New York

Great, inventive dance and original music!

- Cable World



Ranked among top 10 shows in the US

- Billboard Magazine (Feb. 2006)



CHINESE NEW YEAR SPECTACULAR

全球華人新年晚會

1/26/2007 (Fri.) 12:30pm, 8:00pm
1/27/2007 (Sat.) 2:00pm, 8:00pm

Lisner auditorium

730 21st Street, NW, Washington, D.C. 20052
(Close to Foggy Bottom/GWU Metro Station)

Ticket Price:

\$38, \$58, \$68, \$88

Ticket Hotline:

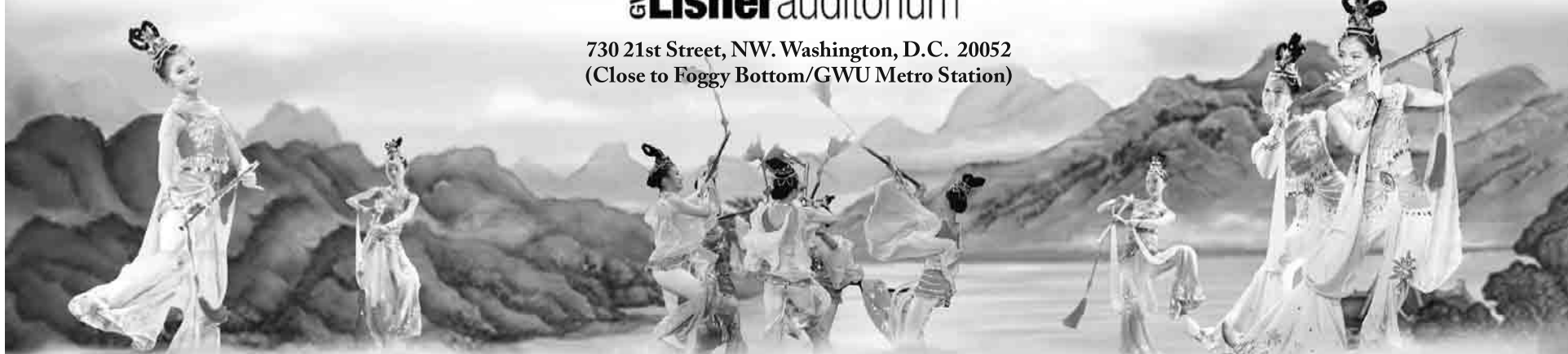
202-595-9836 (NTDTV)

202-595-9837 (NTDTV)

301-808-6900 (Ticketmaster)

Show Highlights & Online Ticketing

www.ntdtv-dc.com www.Lisner.org





BUDS, FOR TODAY: Anheuser-Busch Cos. Inc. and Czech brewer Budejovický Budvar, still embroiled in a century-long fight over the Budweiser trademark, announced a joint distribution deal on Monday.

Nation

In Brief



Professor Rafael Robb was charged Monday in the fatal beating of his wife.

NORRISTOWN, PA.

Penn. Professor Charged With Beating Wife to Death

A University of Pennsylvania professor was charged Monday with beating his wife to death in their suburban kitchen after she told friends she planned to divorce him. Rafael Robb, a 56-year-old economics professor and expert in game theory, had told investigators he was in Philadelphia when his wife was killed Dec. 22. (AP)

MIAMI

Positive Test for Explosive At Port Ruled a False Alarm

The Port of Miami was hit by its second terrorism scare in two days Monday when a package that was to be loaded onto a cruise ship tested positive for plastic explosives. Authorities later determined it was harmless. The package was destroyed, and a Miami-Dade County police bomb squad determined it held sprinkler parts, said police spokesman Bobby Williams. (AP)

Calif. Gov. Eyes Health Care for All

Schwarzenegger calls for businesses to pay for universal coverage

SACRAMENTO, CALIF. | Gov. Arnold Schwarzenegger on Monday proposed to extend health coverage to nearly all of California's 6.5 million uninsured people, promising to spread the cost among businesses, individuals, hospitals, doctors, insurers and government.

The plan contains elements that are likely to provoke opposition from a wide range of powerful interests, including doctors, hospitals and insurers, as well as employers and unions. But it also contains incentives for each of them.

All children, regardless of their immigration status, would be covered through an expansion of the state and federal Healthy Families program.

"I don't think it is a question or a debate if they ought to be covered.



ONE FOR ALL: Appearing via video conference, Calif. Gov. Arnold Schwarzenegger discusses his universal health-care plan.

... The federal courts have made that decision — that no one can be turned away," Schwarzenegger said.

Under Schwarzenegger's state

plan, all Californians would be required to have insurance, although the poorest would be subsidized.

Businesses with 10 or more

employees would have to offer insurance to their workers or pay 4 percent of their payroll into a state fund. Smaller businesses would be exempt. LAURA KURTZMAN (AP)

Man Sentenced In Subway Plot

NEW YORK | A Pakistani immigrant was sentenced to 30 years in prison Monday for hatching an unsuccessful plot to blow up a busy Manhattan subway station as revenge for wartime abuses of Iraqis.

Shahawar Matin Siraj, 24, was arrested on the eve of the 2004 Republican National Convention.

Though there was no proof he ever obtained explosives or was linked to any terror organizations, prosecutors said his intentions were ominous: He wanted to blow up the Herald Square subway station, a bustling transportation hub located beneath Macy's flagship department store.

Siraj showed no reaction as the sentence was read. He faces deportation when his sentence is completed. (AP)

Khalilzad Gets Nod for U.N. Envoy

WASHINGTON | President Bush will nominate Zalmay Khalilzad to be the U.S. envoy to the United Nations and veteran diplomat Ryan Crocker to replace him as ambassador to Iraq, the administration said Monday.

Both changes had been revealed in news reports last week.

"If confirmed, Ryan and Zal will have two of the hardest and most

consequential jobs in the world," Secretary of State Condoleezza Rice said.

Khalilzad, who is Afghan born, has also served as ambassador to Afghanistan. He will replace John Bolton, who could not win Senate confirmation and resigned last month as his temporary appointment as U.N. ambassador was about to expire. (AP)

Allergies?

Does your home have sick house syndrome? Dust mites, molds and even holiday foods can cause allergies. Flu-like symptoms, sinus infections even fatigue may be the result. Our Physicians have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily all without those "painful" scratch tests.

Please accept our invitation to visit us and to make an appointment today.

Please call for an appointment
T: 800.287.2829 MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers
Care for All Seasons

Offices conveniently located in: Ballston • White Flint • Chantilly • North Potomac • Vienna • Wheaton Plaza • Gaithersburg • Springfield • Sterling • Laurel

**SWALLOWING
CYANIDE
IF THINGS GO BAD.**

**NOW THAT'S
A STRESSFUL
JOB.**

**RATHER THAN BE FOUND OUT, SOME SPIES
KNOWINGLY PAID THE ULTIMATE PRICE. OTHERS SHOULD
HAVE PAID CLOSER ATTENTION TO THE BARTENDER.**

**COME TO SPY AND GET A TASTE
OF A REALLY SCARY JOB.**



THE YEAR 2007

Take Gallery Place Metro to 800 F Street. spymuseum.org

©2007 The House on F Street, LLC All rights reserved.



Nation



Authorities set up a staging area on Congress Avenue in Austin, Texas, on Monday. About 60 birds were found dead on the major road and will be tested further.

Dead Birds Cause Austin Shutdown

Main route filled with 60 fallen creatures; no danger in air quality

AUSTIN, TEXAS | Police shut down 10 blocks of businesses in the heart of downtown Austin Monday morning after dozens of birds were found dead in the streets, but officials said preliminary tests showed no air quality problems and the area reopened around 1 p.m.

As many as 60 dead pigeons, sparrows and grackles were found overnight along Congress Avenue, a main route through downtown. No human injuries or illnesses were reported.

"We do not feel there is a threat to the public health," said Adolfo Valadez, the medical director for Austin and Travis County Health

and Human Services.

He said preliminary air-quality tests showed no dangerous chemicals, though the dead birds would be sent for further testing to rule out viruses or poison.

Experts at the Cornell Lab of Ornithology and the National Audubon Society said the most likely cause was a deliberate poisoning of the troublesome grackles, which is more common than people think. It's also legal, with local permits, said Greg Butcher, director of bird conservation at the Audubon in Washington.

Austin officials were smart to take it so seriously, though, Butcher said, because birds' "requirements for life are pretty similar to our requirements for life" so they can serve as an early warning for risks to human health. JIM VERTUNO (AP)

Bush Taps Fielding as New Counsel

WASHINGTON | President Bush has chosen Fred Fielding, formerly the top lawyer in the Reagan administration, to be his White House counsel. The announcement will be made Tuesday, according to a Bush administration official who spoke on the condition of anonymity.

Fielding will become Bush's counsel just as newly empowered Democrats in Congress plan deep-

er scrutiny of the administration. From the Iraq war to environmental policy and secret surveillance, the Democrats who now control both the House and Senate are armed with subpoena power and ready to summon panels of witnesses.

Fielding will replace Harriet Miers, Bush's failed Supreme Court nominee and longtime adviser. (AP)

Drive you.

"Cars" can put you in the right wheels.

Wednesdays.

express

2017b-1a



PARENTS OF TEENS!

DO YOU WORRY THAT YOUR DAUGHTER IS GAINING TOO MUCH WEIGHT?

WHO: 12-17 yr old girls

WHAT: To test how effective group therapy is in the prevention of excess weight gain

WHERE: National Institutes of Health Clinical Center in Bethesda, MD

PAYMENT: Individuals who qualify to participate in this study will be compensated for their time

INTERESTED: Please call 301-451-3782 www.cc.nih.gov

On the front line of medical discovery

National Institutes of Health



Complete Your College Degree at Trinity
Accelerated • Achievable • Accessible

Open House
TODAY

Stop by Between
5:00 p.m. and 7:00 p.m.



There is still time to enroll!
Classes Start January 16

Convenient evening and weekend classes.

Call 202/884-9400

or go to www.trinitydc.edu

admissions@trinitydc.edu

TRINITY
WASHINGTON
UNIVERSITY
EDUCATION FOR
GLOBAL LEADERSHIP

The secret of getting your home sold fast (one they don't want you to know) is revealed right now, today.

Those who list their homes with one dynamic realtor after being disappointed elsewhere say he gets action fast where others aren't able to get action. Houses sell in days instead of months. Who is he and what does he do that others don't? Find out by going online to www.WantItSoldToday.com.



Your Real Estate Store (301)315-0036 Pardon our proactive and aggressive marketing; Not intended to solicit other broker's listings. ©2006 Frank Sanya. All rights reserved. No part of this advertisement may be reproduced in any form or by any means without written permission of copyright owner.



MEN'S HEALTH STUDY

ARE YOU A MALE AT LEAST 30 YEARS OLD?

Do you have at least one of the following conditions?

- * High blood pressure
- * High cholesterol
- * Metabolic syndrome
- * Coronary artery disease
- * Diabetes
- * Depression
- * Lower Urinary Tract Symptoms (such as urgent or frequent urination, a poor urine stream or night-time accidents)



Do you smoke?
or
Are you obese?



You may be eligible to participate in a Men's Health research study.

Qualified participants will receive study-related medical exams and study medication at no cost.

FOR MORE INFORMATION, CALL:

John J. Reyes-Castano, MD

Clinical Research Coordinator

MedStar Research Institute at Washington Hospital Center

202-877-9163

Got Belly Fat?



Are Your HORMONES Making You FAT And TIRED?

You Will Learn...

- The basic BODY SHAPES and how hormones can distort the body blocking weight loss.
- How the body's FAT BURNING hormones get triggered thus increasing metabolism.
- Find out the biggest mistake people make with exercising.
- How hormones affect what you crave. How CHRONIC PAIN and SLEEPING PROBLEMS related body type.
- Find out why BELLY FAT is so difficult to make go away.
- You don't lose weight to GET healthy – you get healthy so you CAN lose weight.

**FREE WORKSHOP
CALL 703-354-7336**

*Limited Seating
Speaker: Eric Berg DC*

Nation

52

The number of years late that a letter, postmarked Oct. 26, 1954, arrived at a home in Ferndale, Pa. Brian McAteer now lives at the house and is searching for the intended recipient.

Something Stinks in N.Y.C.

Mayor says air is safe in Big Apple despite the inexplicable odor

NEW YORK | They bombarded 911 with calls, crowded the sidewalks in front of evacuated buildings and tuned to the news for word of what was happening. The question on the minds of many New Yorkers on Monday morning was: "What's that smell?"

A natural gas-like odor hung over much of Manhattan and parts of New Jersey, confounding authorities. The smell seemed to be gone by early afternoon.

Mayor Michael Bloomberg said there was no indication the air was unsafe. "It may just be an unpleasant smell," he said. He said sensors did not show an unusually high concentration of natural gas, and Con Edison reported it found no gas leaks.

The mayor said the smell may have been caused by a leak of a substance called mercaptan that is



PETER MORGAN/AP

Tape blocks a train station entrance in N.Y.C. as a precaution due to Monday's odor.

added to natural gas for safety reasons to give it a recognizable odor. By itself, natural gas is odorless.

Some commuter trains running between New Jersey and Manhattan were suspended for about an hour as a precaution. A few city schools were briefly evacuated. Some apart-

ment dwellers were advised to close their windows. Homeland Security spokesman Russ Knocke said there was nothing to suggest terrorism.

"That smell was stinking. It smelled, like, toxic," said Alfred Stewart, 47, who lives in Manhattan. KAREN MATTHEWS (AP)

BOTOX \$199

Guaranteed Results

Collagen \$299
Restylane \$350
Threadlift
Radiesse & Sculptura
All procedures performed by a Physician

Evening and Weekend Available

202.452.1332
703.533.1025
703.465.0666
301.738.6766
410.730.7226

24th and I St.,
Foggy Bottom Metro
Tyson's Corner
Alexandria
Bethesda
Columbia/Baltimore



www.vitasurgical.com

\$299/Eye Any Prescription Lasik!

20/20 Guaranteed or Money Back*

ENJOY LASIK REGARDLESS OF YOUR RX.

- No Incision/Cut and No Flap Lasik
- One Eye or Both Eyes at a Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- 0 Down, 0 Interest, 100% Financing
- Return to Work Next Day
- Insurance

I SURGEONS 202.464.5216

• 24th and I St., Foggy Bottom Metro

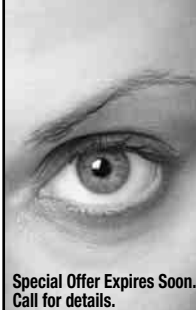
301.738.0339 • BETHESDA

703.533.0025 • TYSON'S CORNER

703.465.0090 • ALEXANDRIA

410.730.2215 • COLUMBIA/BALTIMORE

www.i-surgeons.com



Special Offer Expires Soon.
Call for details.

I SURGEONS

CLEARANCE SALE

Granite/Marble
Countertops
(Pre-Cut & Finished)
\$10/sq ft
Kitchen Cabinets
20% Off

Free kitchen
and bath
cabinet w/
purchase
of granite
countertops

Sale
Ends Soon
Interest Free
Financing

Pentagon Row
Behind Pentagon Mall
www.hausredesign.com

**PRE-ASSEMBLED/
EASY TO INSTALL**

Immediate Delivery
Haus Design
1301 S. Joyce St. D-24
Arlington, VA 22202
703-415-4560

How to Find Real Estate for 30% to 50% Below Market Value in 2007

DISCOVER THE HUGE SOURCE OF PROFITS MOST REAL ESTATE INVESTORS OVERLOOK



"I can show you from firsthand experience, it can take just a couple hours of your time to position yourself to make tens of thousands of dollars in real estate." J.G. Banks, legendary probate investor

You can buy choice real estate for 30 percent to 50 percent of its market value, sell it quickly for its full price, and make tens of thousands of dollars on just about every investment.

You can do this with single-family houses. Duplexes. Condominiums. Apartment buildings. Strip malls. Office buildings. Ranchland. Farms. All types of real estate.

The reason these bargain properties exist is that they are part of an estate that's in probate. Don't let the word "probate" scare you. There is no legal mumbo jumbo involved. When you acquire real estate that's part of someone's estate, you're simply helping beneficiaries settle the estate by purchasing its assets.

In just a few hours each week — less time than most folks spend watching TV during a single evening — you can learn to cash in with estates by following my easy-to-follow "estate mining system."

A single mom with three teenagers used my system to purchase the home she never thought she could afford. But when you get the property for half-price, that's what can make the difference.

In every neighborhood, it's possible that one or two properties, and maybe more, are in probate. You can find profit-making opportunities close to home. Even areas of town you only dreamed of moving to can suddenly become affordable when the price of real estate drops in half.

To Make Big Money: BUY LOW and SELL HIGH

Rest assured, I'm not talking about rundown foreclosures, bankruptcies, or condemned properties like the slew of so-called "real estate gurus." Properties in probate can be beautiful homes with no mortgage or debt attached, making them some of the cleanest and easiest of all real estate to buy low and sell high quickly.

There is no "For Sale" sign out front, and few people know where to find these properties. But for those who do, it can be a land of riches and the fastest route I know to making big money in real estate.

Why Such Incredible Bargains Everywhere?

Not every beneficiary wants to keep the property they inherited. Perhaps the estate involves people who live out of state and they don't want to change their lives. If a house is willed to more than one person, it's likely the property must be sold to ensure everybody gets their share.

Plus, most beneficiaries want their money quickly. Fifty dollars today is a lot better than the promise of \$100 sometime off in the future. Especially when attorney fees are eating away at that \$100 value. So you have highly motivated sellers who appreciate you're helping them get on with their lives.

Believe It or Not, a 300% Gain Can Be "All in a Day's Work"

The potential to make significant money is huge. For example, if you purchased just one property at

a 30 percent discount, and then resold the property for 100 percent of its market value, you'd make about \$45,000 on a property worth \$150,000. And with my system, it may not even take a full week's effort to do this.

But here's how you leverage your money to make gigantic profits... assuming you put down 10 or 15 percent to purchase the property, when you quickly sell for full market value, the gain on your initial down payment could easily be more than 300 percent.

Real estate has long been a proven path to making millions of dollars. Almost anyone can walk along this path, and I believe that no route has more moneymaking potential than the one you'll discover in my FREE workshop.

How to Get the Cash to Buy Properties

In addition to learning why it's possible to regularly purchase real estate for as little as 50 cents on the dollar, you'll also discover it's possible to get the cash to fund your offers to buy properties.

That means you do not have to have money in the bank.

A gentleman from Dallas purchased 18 probate properties his first year.

Another student bought a vacant lot for \$40,000 less than comparable lots on the same street.

You won't find a book on "How to Make Money in Estates" at bookstores. My FREE workshop is the only way to start learning the secrets of "estate investing."

More than \$3 trillion worth of assets are in probate.

It's a buyer's paradise. Yet there are very few real estate investors who know about it.

I guarantee that if you attend my FREE workshop and put yourself "in the know," you'll be positioned to be "in the money" as never before.

TOP FIVE REASONS TO ACQUIRE PROBATE PROPERTIES

- 1 BARGAIN-BASEMENT PRICES:** Fabulous real estate at 30% to 50% below market value — you have the potential to build enormous wealth quickly.
- 2 HUGE INVENTORY:** Almost 6 million active probate estates in America, with assets worth more than \$3 trillion, and every type of real estate imaginable.
- 3 BUYER'S MARKET:** Many beneficiaries want to sell assets and pay off the estate's before the attorney's fees eat everything.
- 4 ALL KINDS OF TREASURES:** Millions of items — collectibles, sports memorabilia, cars, antiques... you name it!
- 5 NO COMPETITION:** Few people know how to find and purchase property from estates. That means you have little or no competition.

How to Buy Almost Anything for 30% to 50% Off

BUSINESSES. CLASSIC CARS. ANTIQUES. ART. COLLECTIBLES. TREASURES OF ALL KINDS.

There's a whole world of assets beyond houses. An estate can be your quickest way to get a business for pennies on the dollar. You can sell it quickly for market value, or run it for substantial gains.

An enterprising young man turned his love for cars, and the knowledge he gained at the J.G. Banks workshop, into a career. He bought an auto shop that the beneficiaries had no interest in and created a potential lifetime of profits from one estate purchase.

Estate hunting is also a great way to start an e-business.

One student profited 1,000 percent — 3,000 percent on the possessions he found in estates and then quickly sold online.

You can use probate to build a tidy business around just about any item or collectible that interests you. Millions of items, and real estate, end up as "buried treasure" hidden in probate.

Who Should Attend

- Real estate investors
- Business people
- Young entrepreneurs
- Homemakers
- Couples
- Retirees
- Anybody who wants to make money



Discover What May Be the Quickest Route to Wealth in Real Estate...

Come to this FREE workshop and as a special BONUS — You'll receive 3 FREE Special Reports designed to help you achieve financial freedom.

FREE ADMISSION
Sunday, January 14, 2007
3:00 p.m.
Arlington Westin Gateway
801 North Glebe Road
Arlington
No obligation.
Reservations not required.

FREE ADMISSION
Monday, January 15, 2007
1:00 p.m. or 7:00 p.m.
Bethesda Hyatt Regency
7400 Wisconsin Avenue
Bethesda
No obligation.
Reservations not required.

FREE ADMISSION
Tuesday, January 16, 2007
9:00 a.m.
Tysons Corner Marriott
8028 Leesburg Pike
Vienna
No obligation.
Reservations not required.

FREE ADMISSION
Tuesday, January 16, 2007
7:00 p.m.
Columbia Sheraton
10207 Wincopin Circle
Columbia
No obligation.
Reservations not required.

FREE ADMISSION
Wednesday, January 17, 2007
10:00 a.m.
Baltimore Sheraton North
903 Dulany Valley Road
Towson
No obligation.
Reservations not required.

*You must attend a sales presentation of the Secrets of Probate Profits workshop of approximately 90 minutes to be eligible to receive any gift. No purchase or payment of any kind is necessary. Details and qualifications for participation in this promotion may apply. The promotion is sponsored by the J.G. Banks Institute, 255 South Orange Avenue, Orlando, FL 32801. The Special Reports are only available to attendees. Supplies are limited.
J.G. Banks Institute™ ("JGBI") is a trademark of Business Skills Corporation. JGBI is a training institute, and individual performance depends upon the individual skills, time availability, and dedication of each student in the training program. Testimonials included may not represent typical results. Unique experiences and past performances do not guarantee future results. V2

FAIRFAX

FINAL CLOSEOUT

ONLY 5
HOMES REMAIN!

One Bedroom
Homes from the

\$240s

ENJOY UP TO \$10,000 IN INCENTIVES!*



CONDOMINIUMS

703.995.7000

www.FairfaxRidgeCondos.com

11301 Aristotle Drive, Fairfax, VA 22030
Open Mon-Th 10-7, Fri 9-4, Sun 11-6. Closed Sat.
3% Broker Co-op

**GREAT
LOCATION!**
Minutes from
Routes 50 & 66!

*Contracts must be written by 01/15/07, settlement in 30 days or less. On select homes. Conditions apply. Call a sales associate for details.

**CRESCENT
HEIGHTS**
AMERICA'S CONDOMINIUM LEADER

Owned by Fairfax Ridge Development, LLC

Atlanta • Boston • Chicago • Dallas • Honolulu • Los Angeles • Miami • New York
Palm Beach • Philadelphia • San Francisco • Tampa • Washington DC


NAHB
FREDERICK MAC DEVELOPMENT
FIRM OF THE YEAR

Weichert
Realtors


EQUAL HOUSING
OPPORTUNITY



NEW STROKES: Paris' famed Louvre museum could open a branch in the United Arab Emirates capital, Abu Dhabi, if ongoing talks succeed, a tourism official said Monday. Abu Dhabi officials want five prestigious museum branches for a new cultural district.

World

In Brief



STUART FRANKLIN/GETTY IMAGES

Moroccan Mounir El Motassadeq listens to court proceedings in Hamburg.

HAMBURG, GERMANY **Man Gets 15 Years in Prison For Aiding 9/11 Hijackers**

A Moroccan man convicted of aiding three of the four suicide pilots who committed the Sept. 11, 2001, attacks was sentenced Monday to the maximum of 15 years in prison for his role in the terror plot. A German federal appeals court convicted Mounir el Motassadeq in November of knowingly helping the hijackers and sent the case to a state court in Hamburg for sentencing. (AP)

CARACAS, VENEZUELA

Chavez Plans to Nationalize Power, Telecom Companies

President Hugo Chavez announced plans Monday to nationalize Venezuela's electrical and telecommunications companies, pledging to create a socialist state in a bold move with echoes of Fidel Castro's Cuban revolution. Chavez, who will be sworn in Wednesday to a third term, also said he wanted a constitutional amendment to eliminate the autonomy of the Central Bank and would soon ask the National Assembly to give him greater powers to legislate by presidential decree. (AP)

DAR ES SALAAM, TANZANIA

Genocide Trial Begins For Key Rwandan Official

A former governor went on trial before the U.N. war crimes tribunal Monday accused of being one of the main perpetrators of the 1994 Rwandan genocide. Lt. Col. Tharcisse Renzaho, the former governor of the Rwandan capital, Kigali, planned massacres and rapes, prosecutor Jonathan Moses said by telephone after the trial began. Renzaho's post as governor gave him authority over the police force. (AP)

Russia Suspends Oil Flow to Europe

Amid trade dispute with Belarus, Moscow halts key pipeline use

MINSK, BELARUS | Russian oil exports to Europe via neighboring Belarus were halted as a bitter trade dispute between Moscow and Minsk spilled over into several European countries, including Germany and Poland.

EU energy chief Andris Piebalgs said Monday the situation posed "no immediate risk" to energy supplies in the European Union. However, Germany, which holds the EU presidency, called for the oil deliveries through a pipeline that transits Belarus to be resumed "as quickly as possible."

Yet the disruption to Russian oil supplies to Europe once again highlighted concerns about European energy reliance on Russia a year after its pricing dispute with Ukraine briefly affected EU imports of Russian natural gas.



FUEL FIGHT: A worker speaks on a walkie-talkie in August 2004 at an oil-refining plant located on a branch of the Druzhba, or Friendship, pipeline in Mazyr, Belarus.

Russia's Deputy Trade and Economic Development Minister Andrei Sharonov said Moscow had been forced to suspend oil exports via the Druzhba, or Friendship, pipeline after disruptions he blamed on Minsk.

"We view this situation as force majeure," he told Russian news channel Vesti, according to the ITAR-Tass news agency.

Germany and Poland said earlier Monday that Russian oil supplies through Belarus had halted,



Crude oil pipeline

and Russia accused its neighbor of siphoning off oil destined for Europe since the weekend.

A Belarusian delegation left late Monday evening for urgent talks in Moscow.

The head of the Russian state pipeline operator Transneft, Simon Vainshtok, said Belarus, which is furious that Russia is demanding it pay new oil duties, had diverted 79,000 tons of oil so far.

YURAS KARMANAU (AP)



A survivor of the ferry sinking is carried to an ambulance in Makassar, Indonesia.

14 Ferry Survivors Rescued at Sea

MAKASSAR, INDONESIA | Fourteen people who spent nine days on a life raft after their Indonesian ferry sank have been rescued by a cargo ship, the survivors and officials said.

A 15th person died soon after they were plucked from the water Sunday nearly 370 miles from where the ferry, carrying more than 600 people, sank in a storm.

About 245 people have been found alive since the ferry sank

in 12-foot-high waves just before midnight Dec. 29. Only 13 bodies have been recovered.

More than 400 people remain missing.

One survivor, 35-year-old Sugiyono, said Monday he believed many were trapped in the ship when it sank.

Eko Supriyanto, a crew member on the cargo ship that picked up the latest survivors, called their story "a miracle." (AP)

U.S. Strikes Al-Qaeda Targets in Somalia

WASHINGTON | The U.S. military launched a strike Monday against several suspected members of al-Qaeda in Somalia, CBS News reported Monday.

The targets, CBS reported, included the senior al-Qaeda leader in East Africa and an al-Qaeda operative wanted for his involvement in the 1998 bombings of the American embassies in Kenya and Tanzania.

Citing Pentagon sources, CBS reported that an Air Force AC-130 gunship led the attack against the site at the southern tip of Somalia.

There was no confirmation that the Air Force had killed either of the al-Qaeda targets. (AP)

On the run: More on the U.S. strike in Somalia against suspected senior terrorist operatives | **Today's Post, AI**

New Video Shows Saddam's Corpse

BAGHDAD, IRAQ | A new video of Saddam Hussein's corpse, with a gaping neck wound, was posted on the Internet early Tuesday, the second leaked release of clandestine pictures from the former leader's hanging.

The video appeared to have been taken with a camera phone, like the

graphic video of the hanging that showed guards taunting Saddam in the final moments of his life.

The footage pans up the shrouded body of the former leader. It apparently was taken shortly after Saddam was executed and placed on a gurney. He was hanged shortly before dawn on Dec. 30. (AP)



Have You Ever Had A Panic Attack?

- Felt as if you were short of breath?
- Felt your heart starting to pound for no reason?
- Felt afraid you might die?
- Started to shake or sweat without warning?

If you were afraid of another attack occurring and these came out of the blue, you may have had in the past, or currently suffer, from an anxiety disorder called **Panic Disorder**. NIMH is seeking volunteers 18-55 years old, who are not taking any psychiatric medications, to participate in a brain imaging research study, and/or a physiological and genetic research study. The research is trying to better understand the biological systems of Panic Disorder.

Participation may include free:

- Brain imaging
- Thorough mental health assessment

**Compensation available for select studies.
Travel assistance is available.**



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

NIMH
National Institute of Mental Health

Call: 301-594-3186
(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov



Are You Feeling Sad or Depressed?

If so, you may be interested in participating in research involving **brain imaging** at the NIH Clinical Center in Bethesda, MD. The National Institute of Mental Health is interested in understanding what the brain looks like in people who are depressed.

Participants must be:

- Free of other serious medical conditions
- Ages 18 to 50
- Free of head trauma
- Not currently taking psychiatric medications

**Transportation reimbursement provided.
Compensation is provided for participation.**

Call: 301-496-5645
(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

NIMH
National Institute of Mental Health

Depression? Bipolar Disorder?

We could go on all day.

readexpress.com

World



Bangladeshi riot police fire rubber bullets to disperse electoral protesters who set fire to a street vendor's wares during a clash in Dhaka, Bangladesh, on Monday.

Violent Electoral Protests Continue

Bangladeshi police clash with thousands who want vote delayed

DHAKA, BANGLADESH | Police in Bangladesh's capital used tear gas, rubber bullets and batons Monday to disperse thousands of stone-throwing protesters demanding electoral reforms and postponed elections, witnesses and news reports said.

The clashes left at least 300 people injured, including several policemen, in Dhaka and adjoining areas, the United News of Bangladesh news agency reported. Police officials declined to comment on the injuries.

The violence came on the second day of a crippling three-day nationwide transportation blockade, imposed by a 19-party alliance led by former Prime Minister Sheikh Hasina.

The alliance has claimed that the voters' list for the Jan. 22 election has flaws including fake names. The group wants the poll delayed until a problem-free list is available.

In an effort to force its demands, the alliance said it planned to keep blocking roads, railways and river routes Tuesday to isolate Dhaka from the rest of the country.

But the country's interim leader, President Iajuddin Ahmed, has said he cannot change the constitutionally mandated voting date. The Election Commission agreed.

On Monday, protesters halted trains by sitting on railroad tracks in several places outside Dhaka, railway officials said on condition of anonymity.

In central Dhaka, about 5,000 protesters tried to overrun barbed-wire barricades manned by police, triggering clashes that left several people injured.

In the congested old part of the city, police used rubber bullets to disperse stone-throwing protesters who detonated homemade bombs, Channel-I television reported.

Streets were empty Monday apart from a few buses, taxis and rickshaws that had defied the blockade. Schools and businesses were closed. FARID HOSSAIN (AP)



TOWER TROUBLE: The Tower of London, one of Britain's top tourist attractions, will be added to the list of endangered world heritage sites unless the threat from encroaching skyscrapers is resolved, the U.N.'s cultural body said Monday. Planners had not done enough to ensure that views of and from the fortress would not be obstructed, the panel says. (AP)

Local

Car Has Derailing History

Design of 20 percent of Metro fleet involved in 4 incidents since '03

WASHINGTON | The Metro subway car that jumped off the rails on Sunday, injuring 20 people, was the same type involved in four previous Metro derailments since 2003.

The National Transportation Safety Board said Monday it planned to look at records of the previous derailments, which did not involve passengers, for clues to what may have happened in the latest accident.

The cars, made by a Spanish company and introduced in August 2001, account for about 20 percent of the system's 950-car fleet.

On Monday, federal investigators continued examining the track at the site of the derailment and brought in a track expert from Chicago to assist them, NTSB member Kitty Higgins said. They also began examining the train more closely and downloaded information from its data record-



A Metro rider climbs an escalator Monday after exiting a train in the Mount Vernon Square station in Washington, where a train derailment Sunday injured 20 riders.

ers, she said.

The derailed car was still in the tunnel and will likely be taken out by Tuesday so investigators can get a better look at it, Higgins said.

The train operator, who was taken by Metro for routine drug and alcohol testing after the acci-

dent, will be interviewed by investigators Tuesday, Higgins said.

The six-car train was pulling into the Mount Vernon Square station, beneath the Washington Convention Center, on Sunday afternoon, when the fifth car slipped off the track. SARAH KARUSH (AP)

Leggett Begins Naming Appointees

Leaders for county development, finances and recreation picked

WASHINGTON | Montgomery County Executive Isiah Leggett picked Monday a former state economist to lead local efforts to attract businesses, a bilingual community advocate to head recreation programs and a budget-writing veteran as the face of the government's finances.

Leggett's three nominations begin to round out the top ranks of his new administration and, he

said, reflect his "forward-thinking, responsive" approach to governing and commitment to diversity.

The nominations are the latest in a series that will shape Leggett's team, after he fired nearly half of the 40 political appointments of his predecessor, Douglas M. Duncan. Leggett's selections to lead county departments and agencies must be approved by the County Council.

Some of the high-profile positions Leggett is still working to fill include county attorney and the directors of the housing, health and human services, and environ-

ment departments.

To head the Department of Economic Development, Leggett tapped Pradeep Ganguly, an analyst who was the state's chief economist for nearly a decade. For recreation chief, Leggett turned to Gabriel Albornoz, deputy director of the Maryland Multicultural Youth Centers. And Leggett moved to elevate Jennifer Barrett, the county's chief operating officer, to head the Department of Finance she has been acting director of since Tim Firestine became Leggett's chief administrative officer.

ANN MARIMOW (THE WASHINGTON POST)

The Lotteries

Monday, January 8

DISTRICT

Mid-day Lucky Numbers **1-2-0 (White)**
Evening Lucky Numbers **0-1-3 (Red)**
Mid-day DC 4 **0-5-0-9**

Evening DC 4 **2-2-1-2**
Rolling Cash Five **2-27-29-12-33**
Daily 6 **18-15-24-37-25-10 (31)**

MARYLAND

Mid-day Pick 3 **2-7-6**
Evening Pick 3 **3-6-9**
Mid-day Pick 4 **1-1-6-6**
Evening Pick 4 **7-6-0-5**

Match 5 **1-13-27-31-37 (29)**

VIRGINIA

Mid-day Pick 3 **3-7-8**
Mid-day Pick 4 **5-3-2-8**
Mid-day Cash 5 **2-17-20-22-29**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

LUNG OR BREATHING PROBLEMS? RESEARCH STUDY

A market research company in Bethesda is looking for people over the age of 50 who are experiencing lung or breathing problems, such as Chronic Obstructive Pulmonary Disease, Emphysema, or Chronic Bronchitis. We are looking for your opinions. There will be no sales efforts or clinical trials involved. If you qualify for the study, you will participate in a 1-hr. interview, and will be paid for your time. Please call Joyce at 301-215-7248.

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

\$122 MILLION

Estimated Annuitized Jackpot

Play at
your favorite
Maryland or Virginia
Lottery retailer.

Top Prize Chances: 1 in 176 Million
www.mdlottery.com • www.valottery.com

Georgetown UNIVERSITY
CENTER for PROFESSIONAL DEVELOPMENT

build your IT skills
at our Arlington site on the Metro Line

MULTI-CERTIFICATE: Starts January 13
A+/Network+/CCNA/MCP/Security+

CISSP Starts January 20
Certified Information System Security Professional

Web Development Starts January 20

Oracle 10g Database Administration Starts March 27

Call Program Advisor
at 202.687.4504
or email
cpdit@georgetown.edu

MCSE Starts April 23
Microsoft Certified Systems Engineer

06J07/1/03/07

Call 202-687-4504
<http://cpd.georgetown.edu>



WeekendPass makes the weekend delicious.

Every Thursday in Express.



XX143F 2x1

AVIAN INFLUENZA STUDY

TO PARTICIPATE, VOLUNTEERS MUST:

- Be healthy and 18 to 59 years old
- Be HIV negative and not have Hepatitis B or C
- Meet criteria to donate blood

Doctors at the National Institutes of Health are conducting a research study (#06-I-0235) to test the avian influenza vaccine and to develop an antibody-based treatment for avian flu.

AS PART OF THE STUDY

- Volunteers will receive up to 4 doses (one or two injections) of an investigational vaccine against avian influenza into the muscle one month apart
- Volunteers must be willing to donate plasma by plasmapheresis (a standard type of blood donation performed in the blood bank)
- Volunteers will be compensated



Call today to learn more | **1-800-411-1222** (TTY: 1-866-411-1010)
<http://clinicaltrials.gov> | Se habla español



Have you filed your annual business recycling report?

The Montgomery County Division of Solid Waste Services requires all large, medium, and selected small businesses as well as commercial property owners of multi-tenant facilities to file an Annual Recycling and Waste Reduction Report to show their recycling progress. Reporting deadlines are fast approaching.

Know the filing deadline for your business:

- Large businesses (250 or more employees): **FEBRUARY 1st**
- Medium businesses (100-249 employees), selected small businesses (less than 100 employees), and commercial property owners: **MARCH 1st**

These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. Failure to file your Annual Recycling Report can result in costly fines for your business or property.

Filing on-line is an easy and fast way to meet your deadlines. For instructions go to: www.montgomerycountymd.gov/recycling.



Don't Delay. File Today.
Recycling. It's the Law.



Contact the Montgomery County SORRT (Smart Organizations Reduce and Recycle Tons) Program at 240-777-6400 or visit www.montgomerycountymd.gov/recycling.
 E mail: recycle@montgomerycountymd.gov • Fax: 240 777 6465 • TTY: 240 777 6442

Place your Classified ad today. **202-334-6200.**

Money

Motorola Seeks Its Calling

Company unveils plan for new Motorizer phone at gadget show

LAS VEGAS | Motorola Inc. chief executive Ed Zander rode onto the stage Monday at the International Consumer Electronics Show astride a yellow bicycle, joking that he pedaled all the way from Chicago because his company was on “expense controls.”

It was not the first poke Zander would make about the wireless equipment maker's ailing fortunes, even as he opened this year's major technology show by introducing several new products and services that Motorola hopes will boost sales.

The company recently warned of disappointing sales and earnings from the key holiday selling season, causing investors to dump their Motorola stock and industry experts to use phrases like “tired



Motorola CEO Ed Zander displays a 20-year-old handset during his speech.

product” to describe the blockbuster Razr line of cell phones.

Zander referenced analyst concerns by announcing the company's latest phone, then lugging a 20-year old mobile handset the size of a brick to his ear.

“The analysts who are here today will like this because there are a lot of gross margin dollars in this puppy,” Zander said, commenting that the phones once sold for \$4,000 each. “If I could get some of you to buy some, it would sure help.”

Zander then introduced a real new phone model, the Motorizer, that would use Microsoft Corp.'s Windows Media software to transfer music purchased from more than 200 Web-based stores worldwide to the handset. The phone will become available the first half of this year, the company said.

Zander also demonstrated a wireless stereo headset that will play music streamed from the phone using Bluetooth. Controls on the headset can also pause songs to take or make calls. (AP)

Tech toys: Read all the latest news from the CES on the Post I.T. blog | washingtonpost.com/technology

Caremark Rejects Rival's Buyout Bid

NASHVILLE, TENN. | Caremark Rx Inc. rejected a buyout offer by a rival pharmacy benefits manager Monday and pledged to continue to pursue drugstore operator CVS Corp.'s bid to acquire Caremark.

Express Scripts Inc. responded

by launching an effort to reshape the Caremark board of directors in order to salvage its \$26 billion stock and cash offer.

The CVS deal, valued at \$21 billion in stock, has passed antitrust scrutiny by the Federal Trade Com-

mission and is expected to go to a shareholder vote.

A statement from CVS said the Express Scripts offer is “highly conditional” and would reduce the number of major competitors in managed pharmacy care from three to two — an issue that CVS says could prevent regulatory approval. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Nautilus	15.80	+1.82	+13.0
RadioShk	18.76	+1.95	+11.6
M&F Wild	28.49	+2.93	+11.5
NtwkEq	7.42	+7.1	+10.6
Herbalife	32.35	+2.61	+8.8

Losers

LenoxGrp	3.17	-1.02	-24.3
MarineMx	22.05	-2.72	-11.0
DoralFin	2.06	-.16	-7.2
Visteon	7.70	-.48	-5.9
MuellrBn	13.95	-.84	-5.7

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
GoAmer	10.30	+2.96	+40.3
SeattGen	6.56	+1.27	+24.0
FreeSeas	3.58	+.69	+23.9
M-Wave rs	3.00	+.54	+22.0
Iomai n	4.90	+.22	+4.7

Losers

MEDecis n	5.69	-3.99	-41.2
Dynavax	5.96	-2.58	-30.2
TargGen rs	4.32	-1.09	-20.1
LSI Inds	17.02	-2.29	-11.9
BioVeris	11.96	-1.54	-11.4

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.1875	5.3125
3-month disc	4.94	4.89
2-year	4.78	4.81
10-year	4.65	4.70
30-year	4.74	4.81

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5160	.5181	.5647
Canadian Dollar	1.1756	1.1729	1.1655
European Euro	.7681	.7687	.8227
Japanese Yen	118.74	118.60	114.39
Mexican Peso	10.9475	10.9366	10.5600
Taiwanese Dollar	32.70	32.70	32.19

DOW	NASDAQ	S&P 500
+25.48	+3.95	+3.13
+0.21	+0.16	+0.22
12423.49	2438.20	1412.84

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	70.93	-.57	+3.8
Amylin	38.08	+.47	+5.6
BiogenIdc	50.02	+.26	+1.7
Celgene s	57.30	-.28	-.4
ChRvLab	44.05	+.30	+1.8
GenProbe	52.60	+.35	+.4
Genentech	83.80	+.12	+3.3
Genzyme	67.00	+1.05	+8.8
GileadSci	64.23	+.02	-1.1
Imclone	29.11	-.01	+8.8
Invitrogn	56.74	+.04	+.3
MedImun	34.25	-.07	+5.8
MillPhar	10.92	-.08	+.2
PDL Bio	20.30	+.08	+.8
VertxPh	33.55	-2.26	-10.3

VAN HAGAR, TOO? Van Halen was chosen to be inducted into the Rock and Roll Hall of Fame along with Grandmaster Flash and the Furious Five, R.E.M., the Ronettes and Patti Smith. The artists will be inducted at a March 12 ceremony in New York. (AP)



Entertainment



ROMAN CANDLE: Lindsay Duncan throws sparks as Servilia, former lover of Caesar — and mother of Brutus, his assassin.

Aristocratic Evil

On HBO's hit 'Rome,' Lindsay Duncan plays a woman of power

FIRST LADY | Lindsay Duncan, one of the stars of HBO's "Rome," can't quite decide whether it's funny or sad to look back to her first TV role, which also was set in the Eternal City.

In 1975, she played a bit of eye candy, a girl called Scrubba, in a campy farce about Roman revelry called "Further Up Pompeii!"

"When I say, 'I had no idea what I was doing,' I had NO idea. I didn't even know how television was made, and it was live, so it was a kind of nightmare, though perhaps a very funny nightmare," Duncan recalls. "When I went to the audition, I was asked to show my legs, which I did, God help me — not that I've got anything to be ashamed of."

She certainly hasn't.

Now a mature beauty and a major star of the London and Broadway stage, the 56-year-old actress is the

manipulative Servilia of the Junii, lover of Caesar and mother of one of his assassins, Brutus, in the epic series about the tempestuous struggle for power in early Rome.

"To play such an aristocratic woman, you need someone who can carry that off with great aplomb," says Bruno Heller, co-creator of "Rome." "Someone who can bring genuine gravitas and dignity."

"There's always a kind of undertone of humor," he adds, "and such intelligence there that you believe that

this is a woman, who, though she is not running the Republic, is manipulating the politics in such a way that she is the first lady of Rome."

"Rome" returns Sunday at 9 p.m. for its final 10 episodes.

Caesar is dead and Gaius Octavian, son of Servilia's rival, Atia of Julii, is worming his way to power, so Servilia's fate is in the balance.

"She has a bumpy ride, poor woman," says Duncan, exhibiting more sympathy for Servilia than the Roman matron ever earned in real life.

Because of the decision to end "Rome" after just two seasons, Servilia's fascinating storyline is one of several in the intricate drama that had to be speeded up to what Heller calls "the money shot" — the death of Anthony and Cleopatra.

Duncan regrets that, but delights in the whole experience of the ambitious and lavish undertaking, which employed a stellar cast of actors and a wealth of craftspeople, experts in set, prop and costume design.

The Scottish-born Duncan said she's praying to "whatever deity I can summon" that she'll have another chance to work on "a show of this scale again." That's not to say she doesn't keep busy. On Feb. 17 at 8 p.m., she plays a very different woman, Lady Elizabeth Longford, in HBO's reality-based drama "Longford."

"Longford" explores the strange case of Lord Longford, a flamboyant, liberal British politician whose deep religious faith and long devotion to prisoner rehabilitation drew him into advocating for the rights of a notorious murderer, Myra Hindley. BRIDGET BYRNE (AP)



FOR COMPLETE EVENT LISTINGS SEE
WASHINGTONPOST.COM/ENTERTAINMENT

MELI'SA MORGAN Slow, Sexy Jams



R&B singer Meli'sa Morgan hit the charts in 1985 with her cover of Prince's "Do Me, Baby" and continued to score

hits through the decade. Back after a lengthy hiatus, Morgan still uses her golden voice for explicit tales of intimacy and for praising Jesus.

→ *Blues Alley, 1073 Wisconsin Ave. NW; 8 p.m. & 10 p.m., \$18; 202-337-4141.*



ENTER THE HAGGIS Just Try It

2 Canadian Celt-rock heroes give audiences more reasons to smile than just their novelty-rock name, including exuberance-inducing instrumental ability, smart socio-political musings and smarter melodic instincts.

→ *Iota, 2832 Wilson Blvd., Arlington; 8:30 p.m., \$10; 703-522-8340. (Clarendon)*

WERNER KOHN What Is Love?

3 German photographer Werner Kohn's years of dedicated club-hopping — from 1959 to the present — bore more fruit than, say, the exploits of those "Night at the Roxbury" guys. Kohn has snapped photos of legends like John Coltrane, Duke Ellington and Tina Turner and more than 100 of his images are on display at the Parish Gallery through Jan. 15.

→ *Parish Gallery, 1054 31st St. NW; 202-944-2310. (Foggy Bottom)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

'3' CD Isn't the Magic Number

ActionReaction offers an eclectic but too erratic debut album

MUSIC | Some bands transcend the sum of their influences to sound like themselves. ActionReaction is not one of those bands.

An offshoot of defunct emo pioneer Further Seems Forever, New Jersey's ActionReaction seems

reluctant to pick a direction on its full-length debut. There's nothing wrong with delving into a mishmash of styles, but the bits of funk, twang and dance-rock scattered through "3 Is the Magic Number" come off more as erratic than eclectic.

Every hooky nugget like "At the Moon," with its insistent backbeat and pulsing guitars, is offset by shapeless stabs at someone else's sound: There's an attempt at



ActionReaction has a pioneering emo pedigree but scattered musical tastes.

the soaring Brit-rock ambition of Doves on "March On," and more than a passing resemblance to the heavy-groove alt-pop sound of Porno for Pyros on "Can You Hear the Sun?" Even the derivative stuff would be OK, if only it were catchier. The musical hooks come and go; it makes for an inconsistent trip through an album that never really feels settled.

ERIC R. DANTON (THE HARTFORD COURANT)

Taking an antidepressant, but still feeling down? You may be eligible for the PEARL Trial.



This research study is comparing the effectiveness and safety of an investigational drug combined with your antidepressant versus your antidepressant alone for the treatment of major depression in adults.

Call today to learn more about the PEARL Trial if you:

- Are at least 18 years old
- Have been diagnosed with major depression
- Are currently taking an antidepressant
- Are not currently pregnant or nursing

Additional criteria will be assessed to determine your eligibility for this study. All qualified participants will receive study drug and study-related exams at no cost.

To learn more about this PEARL Trial, call:

Comprehensive NeuroScience at
703-998-5850 or toll free 1-877-806-0101
www.cnswebsite.com

LEARN ENGLISH since 1939
Se Habla Español
1 (877) 872-2505

STILL SMOKE? OVEREAT? '99*
CLINICAL HYPNOTHERAPY

3.5 HR CLASS
JOIN **Dr. Peter Wesselton**
"DC's Hypnotherapist of EMBASSY ROW"
FREE INFO PAK • 202.544.5688
www.georgetowninstitute.org



Tired of Your Back, Sciatica, or Disc Pain?

You are not alone!

Dr. Brad Wolf D.C. has released a complimentary guide entitled *"The Severe Back, Sciatica, And Disc Pain Guide."* Discover what may or may not work for you. Even the most severe cases such as those with herniated discs may benefit. To receive your *"The Severe Back, Sciatica, And Disc Pain Guide"* free, call the toll-free 24 Hr recorded message at 800-357-5039 or go to **www.DiscReportVA.com**

Why Stop Now?

There's more to
today's Express at
readexpress.com.

Keep up with the latest
local news.

Plan your night.

Discover restaurants, bars,
theaters and other hot spots
near any Metro station.

Find a job, home, car and
more from hundreds of top
sites in one easy search.

readexpress.com



Learn. Search. Shop.
Explore. Interact. Plan.
At readexpress.com.



X120 2x6

START THE NEW YEAR SMART!



Join us for our
OPEN HOUSE
Jan. 10th at 6 pm - 8 pm!
Call for details and to
RSVP!

Find out how you can train
for an exciting, in-demand
career!

Offering:

- Massage Therapy
- Medical Assistant
- Medical Billing & Coding
- Surgical Technologist
- Computer Networking & Security

CALL NOW: 1-866-690-4093
www.bannercollege.edu

- Financial Aid for Those Who Qualify
- Graduate Placement Assistance
- Approved for VA Benefits



2300 Wilson Boulevard, Suite 600 • Arlington, VA 22201

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14

701 Seventh St. NW 800-FANDANGO 1721#
CHILDREN OF MEN (R) - ID REQ'D DIG (1200 235) 515 755 1030
FREEDOM WRITERS (PG-13) DIG (1245) 400 735 1025
HAPPILY N'VER AFTER (PG) DIG (1200 210) 440 730 1000
CODE NAME: THE CLEANER (PG-13) DIG (1225 245) 500 725 950
BLACK CHRISTMAS (R) - ID REQ'D DIG (110) 415 715 950
DREAMGIRLS (PG-13) DIG (1215 100) 330 410 630 720 930 1020
OC & DA: NIGHT AT THE MUSEUM (PG) DIG (250) 1025
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1155) 325 655 1025
NIGHT AT THE MUSEUM (PG) DIG (1220) 520 750
CURSE OF THE GOLDEN FLOWER (R) - ID REQ'D DIG (1145 225) 510 755 1035
ROCKY BALBOA (PG) DIG (1205 230) 455 745 1010
ERAGON (PG) DIG (1210 240) 505 730 1015
PURSUIT OF HAPPINESS (PG-13) DIG (120) 445 740 1030
BLOOD DIAMOND (R) - ID REQ'D DIG (1230) 700
CASINO ROYALE (PG-13) DIG 345 1005

BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#
Adv. Tix on Sale THE MAGIC FLUTE: REBROADCAST (NR) ★
HAPPILY N'VER AFTER (PG) DIG (240 500) 720 940
CODE NAME: THE CLEANER (PG-13) DIG (250 515) 740 1005
DREAMGIRLS (PG-13) DIG (120 345 425) 650 730 955 1035
THE GOOD SHEPHERD (R) - ID REQ'D DIG (320) 700 1040
ROCKY BALBOA (PG) DIG (205 440) 715 945
ERAGON (PG) DIG (505) 1015
THE HOLIDAY (PG-13) DIG (105 415) 725 1030
APOCALYPTO (R) - ID REQ'D DIG 950
BLOOD DIAMOND (R) - ID REQ'D DIG (355) 705 1020
CASINO ROYALE (PG-13) DIG (330) 645 1000
HAPPY FEET (PG) DIG (150 430) 710
DEPARTED (R) - ID REQ'D DIG (315) 640 1010
OC: THE NATIVITY STORY (PG) DIG (230) 735

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#
FREEDOM WRITERS (PG-13) DIG (115 420) 705 1000
HAPPILY N'VER AFTER (PG) DIG (1150 215 455) 735 955
CODE NAME: THE CLEANER (PG-13) DIG (1140 230 500) 745 1015
CHILDREN OF MEN (R) - ID REQ'D DIG (145 440) 720 1005
BLACK CHRISTMAS (R) - ID REQ'D DIG (1205 235 510) 755 1015
DREAMGIRLS (PG-13) DIG (1215 100 330 445) 715 800 1030
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1130 230 515) 800 1040
NIGHT AT THE MUSEUM (PG) DIG (1200 245 515) 820 1050
ROCKY BALBOA (PG) DIG (1215 300 530) 805 1025
ERAGON (PG) DIG (1135 205 430) 700
PURSUIT OF HAPPINESS (PG-13) DIG (1245 400) 730 1045
BLOOD DIAMOND (R) - ID REQ'D DIG 1020
HAPPY FEET (PG) DIG (1145 220 500) 740

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#
FREEDOM WRITERS (PG-13) DIG (1240 340) 720 1015
HAPPILY N'VER AFTER (PG) DIG (130 415) 735 950
MISS POTTER (NR) DIG (115 420) 740 1025
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1200 330) 700 1030
NIGHT AT THE MUSEUM (PG) DIG (110 410) 730 1010
WE ARE MARSHALL (PG) DIG 645 945
ERAGON (PG) DIG (120 430) 655 930
PURSUIT OF HAPPINESS (PG-13) DIG (1230) 325 725 1020
BLOOD DIAMOND (R) - ID REQ'D DIG (320) 1050
THE HOLIDAY (PG-13) DIG (1220 350) 710 1020
HAPPY FEET (PG) DIG (100 400)

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#
OC & DA: NIGHT AT THE MUSEUM (PG) DIG (420) 945
CHILDREN OF MEN (R) - ID REQ'D DIG (210 450) 730 1010
CODE NAME: THE CLEANER (PG-13) DIG (1200 230 505) 740 1015
FREEDOM WRITERS (PG-13) DIG (135 430) 725 1020
HAPPILY N'VER AFTER (PG) DIG (1210 240 500) 720 940
DREAMGIRLS (PG-13) DIG (1220 1255 130 330 405 440) 640 715
750 950 1025
BLACK CHRISTMAS (R) - ID REQ'D DIG (145 410) 635 900
THE GOOD SHEPHERD (R) - ID REQ'D DIG (310) 650 1030
NIGHT AT THE MUSEUM (PG) DIG (140) 700
WE ARE MARSHALL (PG) DIG (1245)
ROCKY BALBOA (PG) DIG (200 435) 710 1000
CHARLOTTE'S WEB (G) DIG (125 400) 630 900
ERAGON (PG) DIG (155 425) 705 935
PURSUIT OF HAPPINESS (PG-13) DIG (205 455) 745 1035
THE HOLIDAY (PG-13) DIG (335) 955
APOCALYPTO (R) - ID REQ'D DIG (1225) 645
BLOOD DIAMOND (R) - ID REQ'D DIG (345) 655 1005

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#
CHILDREN OF MEN (R) - ID REQ'D DIG (120 420) 720 1020
THREE (PG-13) DIG (240 510) 740 1035
FREEDOM WRITERS (PG-13) DIG (150 440) 730 1030
HAPPILY N'VER AFTER (PG) DIG (1155 220 450) 715 935
CODE NAME: THE CLEANER (PG-13) DIG (1220 245 515) 745 1005
PERFUME (R) - ID REQ'D DIG (1210 340) 720 1020
DREAMGIRLS (PG-13) DIG (200 400 500) 705 820 1015
BLACK CHRISTMAS (R) - ID REQ'D DIG (105) 945
OC & DA: NIGHT AT THE MUSEUM (PG) DIG (430) 1000
THE GOOD SHEPHERD (R) - ID REQ'D DIG (250) 630 1010
NIGHT AT THE MUSEUM (PG) DIG (1150 130 230 520) 710 810
WE ARE MARSHALL (PG) DIG (1240 330) 640 950
ROCKY BALBOA (PG) DIG (1230 300 530) 800 1040
ERAGON (PG) DIG (140 410) 645 910
CHARLOTTE'S WEB (G) DIG (110 345) 625 900
PURSUIT OF HAPPINESS (PG-13) DIG (1250 350) 650 940
THE HOLIDAY (PG-13) DIG (320) 635
BLOOD DIAMOND (R) - ID REQ'D DIG (100 415) 725 1040
THE NATIVITY STORY (PG) DIG (115)
CASINO ROYALE (PG-13) DIG (1200 310) 620 930
HAPPY FEET (PG) DIG (125 405) 655 920

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale THE MAGIC FLUTE: REBROADCAST (NR) ★
FREEDOM WRITERS (PG-13) DIG (140 440) 740 1030
HAPPILY N'VER AFTER (PG) DIG (1210 220 430) 650 910
CODE NAME: THE CLEANER (PG-13) DIG (1230 250 505) 750 1015
CHILDREN OF MEN (R) - ID REQ'D DIG (1200 230 500) 730 1000
DREAMGIRLS (PG-13) DIG (100 400) 710 1010
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1205 330) 700 1020
NIGHT AT THE MUSEUM (PG) DIG (1200 225 455) 730 1010
WE ARE MARSHALL (PG) 950
ROCKY BALBOA (PG) DIG (215 445) 800 1030
ERAGON (PG) DIG (450) 1005
CHARLOTTE'S WEB (G) DIG (1225 250 510) 750 1015
PURSUIT OF HAPPINESS (PG-13) DIG (115 415) 720 1005
BLOOD DIAMOND (R) - ID REQ'D DIG (150 455) 810
HAPPY FEET (PG) DIG (1245 345) 720
OC: THE NATIVITY STORY (PG) DIG (100) 740

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
FREEDOM WRITERS (PG-13) DIG (105 140 400 440) 700 730 950
1020
ROCKY BALBOA (PG) DIG (200 430) 740 1005
ERAGON (PG) DIG (145 425) 725 945
CHARLOTTE'S WEB (G) DIG (110 150 340 420) 705 930
PURSUIT OF HAPPINESS (PG-13) DIG (130 410) 650 720 940 1010
UNACCOMPANIED MINORS (PG) DIG (120 350) 645 920
THE NATIVITY STORY (PG) DIG (125 415) 735 1000
BABEL (R) - ID REQ'D DIG (100 405) 710 1015

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale DREAMGIRLS (PG-13) ★ (1245 400) 730 1015
CHILDREN OF MEN (R) - ID REQ'D DIG (100 415) 715 1015
FREEDOM WRITERS (PG-13) DIG (1230 400) 700 930
HAPPILY N'VER AFTER (PG) DIG (1215 245 515) 745 1010
CODE NAME: THE CLEANER (PG-13) DIG (1215 245 515) 745 1010
NIGHT AT THE MUSEUM (PG) DIG (1245 410) 700 945
BLACK CHRISTMAS (R) - ID REQ'D DIG 800 1030
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1200 430) 815
WE ARE MARSHALL (PG) DIG (1215 345) 645 1000
ROCKY BALBOA (PG) DIG (115 420) 730 1040
ERAGON (PG) DIG (1200 230 500) 800 1040
CHARLOTTE'S WEB (G) DIG (1240 345) 645 945
PURSUIT OF HAPPINESS (PG-13) DIG (115 415) 715 1020
THE HOLIDAY (PG-13) DIG 1020
BLOOD DIAMOND (R) - ID REQ'D DIG (100 450) 815
THE NATIVITY STORY (PG) DIG (1230 300 520)
HAPPY FEET (PG) DIG (120 445) 745

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale THE MAGIC FLUTE: REBROADCAST (NR) ★
THREE (PG-13) DIG (145 445) 745 1020
FREEDOM WRITERS (PG-13) DIG (1245 400) 715 1010
HAPPILY N'VER AFTER (PG) DIG (200 500) 815 1025
CODE NAME: THE CLEANER (PG-13) DIG (200 500) 800 1025
CHILDREN OF MEN (R) - ID REQ'D DIG (130 430) 730 1010
DREAMGIRLS (PG-13) DIG (1230 400) 730 1030
THE GOOD SHEPHERD (R) - ID REQ'D DIG (100 430) 800
NIGHT AT THE MUSEUM (PG) DIG (145) 745
WE ARE MARSHALL (PG) DIG 630 930
ROCKY BALBOA (PG) DIG (130 415) 700 950
ERAGON (PG) DIG (1245 315) 645 930
CHARLOTTE'S WEB (G) DIG (100 330) 700 945
PURSUIT OF HAPPINESS (PG-13) DIG (115 415) 715 1000
THE HOLIDAY (PG-13) DIG 1000
CASINO ROYALE (PG-13) DIG (1230 345) 650
HAPPY FEET (PG) DIG (115 345)
OC & DA: NIGHT AT THE MUSEUM (PG) DIG (445) 1030

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
FREEDOM WRITERS (PG-13) DIG (1210 320) 720 1005
HAPPILY N'VER AFTER (PG) DIG (1145 225 450) 735 945
CODE NAME: THE CLEANER (PG-13) DIG (1200 230 455) 740 1010
CHILDREN OF MEN (R) - ID REQ'D DIG (1135 210 445) 730 1015
BLACK CHRISTMAS (R) - ID REQ'D DIG 755 1020
THE GOOD SHEPHERD (R) - ID REQ'D DIG (1130 300) 630 1000
NIGHT AT THE MUSEUM (PG) DIG (1125 1230 200 330 435) 640
710 920 955
WE ARE MARSHALL (PG) DIG (315) 650 950
ROCKY BALBOA (PG) DIG (1250 340) 655 930
ERAGON (PG) DIG (1215 240 500) 750 1020
CHARLOTTE'S WEB (G) DIG (1140 215 440) 715 935
PURSUIT OF HAPPINESS (PG-13) DIG (1240 325) 700 940
THE HOLIDAY (PG-13) DIG (1155) 950
BLOOD DIAMOND (R) - ID REQ'D DIG (310) 635
THE NATIVITY STORY (PG) DIG (1220)
HAPPY FEET (PG) DIG (100 950)

Times For 1/9/07 Daily Bargain Matinees In () OC=Open Captioned DA=Descriptive Audio Available *Pass/Discount Ticket Restrictions Apply Gift Cards On Sale Now!

©2007

The leading writing workshop in the country

OPEN HOUSE

THE WRITER'S CENTER

Saturday, January 13, noon to 3 p.m.

4508 Walsh Street, Bethesda, Maryland

301-654-8664

Fiction
Nonfiction
Stage / Screen
Memoir
College Essay
Poetry
Business Writing

www.writer.org

SCREENER TEACHER SALES REP GRAPHIC ARTIST
MAR To advertise a job in Express, call 202-334-4100. CER
ADMINISTRATIVE ASSISTANT CHIEF ENGINEER



WeekendPass
makes the weekend
top-rated.

Every Thursday in Express.



XX143h 1x3

Countering Extremism in Muslim - Western Relations

A Presentation of the UN High Level Group's
Alliance of Civilizations Report
Featuring John Esposito, Georgetown University
Shamil Idriss, United Nations
and Katherine Marshall, Georgetown University

Wednesday, January 10, 4:00-5:30 PM
Intercultural Center Auditorium,
Georgetown University
OPEN TO THE PUBLIC

For more information:

www.unaoc.org

http://berkeleycenter.georgetown.edu



Advanced Ticketing
at MovieWatcher.com

A.M.Cinema - All seats \$4, \$5, or \$6, Digital 3-D \$8, before noon on Fri., Sat., Sun., & holidays - denoted by ()
AMC Select - Special films for select tastes.

AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

FREEDOM WRITERS (PG13) / 1:55, 4:45, 7:40, 10:35
CODE NAME: THE CLEANER (PG13) / 2:15, 4:35, 7:15, 9:45
HAPPILY N'EVER AFTER (PG) / 1:30, 4:00, 6:30, 8:45
BLACK CHRISTMAS (R) 2:35, 5:10, 7:55, 10:20
THE GOOD SHEPHERD (R) 2:30, 3:10, 6:35, 7:35, 10:20
THE GOOD SHEPHERD (R) [CC] [DV] 3:10, 7:35
NIGHT AT THE MUSEUM (PG) 1:45, 2:30, 4:20, 5:15, 7:05, 7:50, 9:55
WE ARE MARSHALL (PG) 4:25, 10:30
ROCKY BALBOA (PG) 2:05, 4:40, 7:10, 9:40
CHARLOTTE'S WEB (G) 2:20, 5:00, 7:20, 9:50
ERAGON (PG) 1:00, 3:25, 6:05, 8:45
THE PURSUIT OF HAPPYNESS (PG13) 1:20, 2:10, 4:15, 5:05, 7:10, 8:10, 10:10
APOCALYPTO (R) 1:25, 7:25
BLOOD DIAMOND (R) 1:40, 4:50, 8:05
THE HOLIDAY (PG13) 1:10, 4:10, 7:20, 10:25
CASINO ROYALE (PG13) 6:55, 10:05
HAPPY FEET (PG) 1:00, 4:00
THE DEPARTED (R) 10:25 PM

AMC SELECT

DREAMGIRLS (PG13) 1:15, 3:15, 4:30, 6:45, 7:45, 10:00
CHILDREN OF MEN (R) / 2:40, 5:20, 8:00, 10:30
PERFUME: THE STORY OF A MURDERER (R) / 3:20, 7:00, 10:15
THR3E (PG13) 1:05, 3:30, 6:00, 8:50

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

CODE NAME: THE CLEANER (PG13) 1:40, 4:50, 8:45
HAPPILY N'EVER AFTER (PG) 1:50, 4:40, 8:00
BLACK CHRISTMAS (R) 8:45
THE GOOD SHEPHERD (R) 4:30, 8:00
NIGHT AT THE MUSEUM (PG) 2:00, 5:00, 8:30
ROCKY BALBOA (PG) 5:10, 8:15
CHARLOTTE'S WEB (G) 4:50, 7:45
ERAGON (PG) 4:40, 7:30
THE PURSUIT OF HAPPYNESS (PG13) 5:00, 8:30
HAPPY FEET (PG) 5:20

AMC SELECT

CHILDREN OF MEN (R) 1:30, 4:30, 8:15

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

FREEDOM WRITERS (PG13) / 1:30, 4:15, 7:30
THE GOOD SHEPHERD (R) 1:00, 4:30, 8:00
NIGHT AT THE MUSEUM (PG) 2:40, 5:10, 7:40
NIGHT AT THE MUSEUM (PG) [CC] [DV] 2:40, 5:10, 7:40
CHARLOTTE'S WEB (G) 2:30, 4:45
THE PURSUIT OF HAPPYNESS (PG13) 2:30, 5:10, 7:50
BLOOD DIAMOND (R) 5:00
THE HOLIDAY (PG13) 2:00, 8:00

AMC SELECT

CHILDREN OF MEN (R) / 2:55, 5:20, 7:45

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

FREEDOM WRITERS (PG13) 1:45, 4:45, 7:45, 10:30
THE GOOD SHEPHERD (R) 3:05, 6:45, 10:15
NIGHT AT THE MUSEUM (PG) 2:00, 4:40, 7:30, 10:05
NIGHT AT THE MUSEUM (PG) [CC] [DV] 2:00, 4:40, 7:30, 10:05
ROCKY BALBOA (PG) 2:25, 4:55, 7:25, 9:55
THE PURSUIT OF HAPPYNESS (PG13) 2:05, 4:50, 7:40, 10:20
APOCALYPTO (R) 1:10, 4:15, 10:25
BLOOD DIAMOND (R) 1:00, 3:50, 7:05, 10:10
THE HOLIDAY (PG13) 1:00, 4:05, 7:10, 10:15
CASINO ROYALE (PG13) 3:35, 6:50, 10:05

AMC SELECT

CURSE OF THE GOLDEN FLOWER (R) 2:20, 5:05, 7:50, 10:30
DREAMGIRLS (PG13) 1:05, 4:00, 7:00, 10:00
CHILDREN OF MEN (R) 1:50, 4:30, 7:15, 9:50
NOTES ON A SCANDAL (R) 2:50, 5:20, 8:00, 10:25

LOEWS LEXINGTON PARK 6

21882 FDR Boulevard
301-862-5000

HAPPILY N'EVER AFTER (PG) 5:20, 7:50
NIGHT AT THE MUSEUM (PG) 4:50, 7:30
WE ARE MARSHALL (PG) 7:00
CHARLOTTE'S WEB (G) 5:10, 7:40
ERAGON (PG) 5:00, 7:20
THE PURSUIT OF HAPPYNESS (PG13) 4:30, 7:10
HAPPY FEET (PG) 4:40

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

FREEDOM WRITERS (PG13) / 1:10, 4:05, 7:10, 10:10
CODE NAME: THE CLEANER (PG13) / 2:00, 4:35, 7:05, 9:45
HAPPILY N'EVER AFTER (PG) / 2:30, 4:50, 7:05, 9:15
BLACK CHRISTMAS (R) 7:00, 9:35
THE GOOD SHEPHERD (R) 1:30, 5:00, 8:30
NIGHT AT THE MUSEUM (PG) 1:05, 1:45, 3:35, 4:30, 6:20, 7:15, 9:05, 10:00
WE ARE MARSHALL (PG) 1:20, 7:20
ROCKY BALBOA (PG) 2:05, 4:30, 7:10, 9:55
CHARLOTTE'S WEB (G) 1:50, 2:25, 4:20, 4:55, 7:30, 9:50
ERAGON (PG) 2:10, 4:45, 7:25, 10:05
THE PURSUIT OF HAPPYNESS (PG13) 1:35, 4:25, 6:30, 7:20, 9:20, 10:10
APOCALYPTO (R) 1:15, 4:15, 7:15
BLOOD DIAMOND (R) 4:10, 10:15
THE HOLIDAY (PG13) 12:55, 4:00, 7:00
DEJA VU (PG13) 10:05 PM
CASINO ROYALE (PG13) 10:15 PM
HAPPY FEET (PG) 1:25, 3:55

AMC SELECT

DREAMGIRLS (PG13) 1:00, 2:15, 3:50, 5:15, 6:45, 8:15, 9:40
CHILDREN OF MEN (R) / 2:20, 5:00, 7:30, 10:00
CHILDREN OF MEN (R) [CC] [DV] / 2:20, 5:00, 7:30, 10:00

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

FREEDOM WRITERS (PG13) 1:35, 4:25, 7:10, 9:50
CODE NAME: THE CLEANER (PG13) 2:25, 5:00, 7:15, 9:25
HAPPILY N'EVER AFTER (PG) 1:15, 3:20, 5:25, 7:30, 9:35
BLACK CHRISTMAS (R) 9:40 PM
THE GOOD SHEPHERD (R) 2:45, 6:20, 9:45
THE GOOD SHEPHERD (R) [CC] [DV] 2:45, 6:20, 9:45
NIGHT AT THE MUSEUM (PG) 1:40, 4:10, 6:40, 9:10
WE ARE MARSHALL (PG) 1:00, 7:05
ROCKY BALBOA (PG) 1:50, 4:15, 6:35, 8:55
CHARLOTTE'S WEB (G) 2:15, 4:30, 6:45, 9:00
ERAGON (PG) 12:55, 3:10, 5:30, 7:50, 10:10
THE PURSUIT OF HAPPYNESS (PG13) 1:20, 3:55, 6:50, 9:30
BLOOD DIAMOND (R) 3:30, 6:30
THE HOLIDAY (PG13) 3:05, 6:05, 9:05
CASINO ROYALE (PG13) 4:00, 10:00
HAPPY FEET (PG) 1:05

AMC SELECT

DREAMGIRLS (PG13) 1:10, 4:05, 7:00, 9:55
CHILDREN OF MEN (R) 2:35, 5:10, 7:40, 10:05

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

BLACK CHRISTMAS (R) 4:50, 7:05
THE GOOD SHEPHERD (R) 4:00, 7:15
WE ARE MARSHALL (PG) 4:30, 7:50
APOCALYPTO (R) 4:20, 7:10
HAPPY FEET (PG) 4:40
BORAT (R) 8:10
THE DEPARTED (R) 4:10, 7:20

AMC SELECT

BABEL (R) 7:30
PERFUME: THE STORY OF A MURDERER (R) 4:05, 7:00
THE QUEEN (PG13) 5:45

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

FREEDOM WRITERS (PG13) 1:10, 4:10, 7:05, 10:10
CODE NAME: THE CLEANER (PG13) 1:20, 3:30, 5:50, 8:00, 10:10
HAPPILY N'EVER AFTER (PG) 12:40, 2:50, 5:05, 7:15, 9:40
NIGHT AT THE MUSEUM (PG) 1:50, 4:20, 6:50, 9:20
ROCKY BALBOA (PG) 2:10, 4:40, 7:10, 10:00
CHARLOTTE'S WEB (G) 12:20, 3:00, 5:20, 7:50
ERAGON (PG) 12:25, 2:40, 5:10, 7:40, 10:15
THE PURSUIT OF HAPPYNESS (PG13) 1:00, 2:00, 4:05, 5:00, 7:00, 7:20, 10:05
BLOOD DIAMOND (R) 6:40, 9:45
DEJA VU (PG13) 10:20 PM
HAPPY FEET (PG) 12:50, 4:00

AMC SELECT

DREAMGIRLS (PG13) 12:30, 1:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:30

LOEWS DUPONT 5

1350 19th St.
1-800-FANDANGO #711

THE GOOD SHEPHERD (R) 3:30, 7:00
CHILDREN OF MEN (R) 5:00, 8:00
THR3E (PG13) 5:15, 7:45
THE HISTORY BOYS (R) 4:30, 7:15

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

DREAMGIRLS (PG13) 2:00, 5:15, 8:30

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

FREEDOM WRITERS (PG13) / 1:30, 4:35, 7:20, 10:10
CODE NAME: THE CLEANER (PG13) / 1:15, 3:35, 5:45, 8:05, 10:20
HAPPILY N'EVER AFTER (PG) / 1:20, 3:30, 5:35, 7:40, 9:50
THE GOOD SHEPHERD (R) 1:10, 5:00, 8:40
NIGHT AT THE MUSEUM (PG) 12:55, 2:00, 3:25, 4:30, 5:50, 7:00, 8:20, 9:35, 10:45
ROCKY BALBOA (PG) 1:45, 4:40, 7:10, 9:45
CHARLOTTE'S WEB (G) 12:45, 3:00, 5:20, 7:35, 9:55
ERAGON (PG) 12:55, 3:10, 5:30, 7:55, 10:15
THE PURSUIT OF HAPPYNESS (PG13) 12:45, 3:20, 4:15, 5:55, 8:35, 10:50
BLOOD DIAMOND (R) 1:05, 4:20, 7:25, 10:30
THE HOLIDAY (PG13) 1:25, 4:25, 7:30, 10:35
CASINO ROYALE (PG13) 1:05, 4:10, 7:15, 10:25
CASINO ROYALE (PG13) [CC] [DV] 1:05, 4:10, 7:15, 10:25

AMC SELECT

DREAMGIRLS (PG13) 1:00, 2:10, 5:05, 7:05, 8:00, 10:45
CHILDREN OF MEN (R) / 12:50, 3:15, 5:40, 8:15, 10:40

AMC RIVERTOWN 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

FREEDOM WRITERS (PG13) / 4:35, 7:40
CODE NAME: THE CLEANER (PG13) / 5:45, 8:10
HAPPILY N'EVER AFTER (PG) / 5:15, 8:10
BLACK CHRISTMAS (R) 4:40, 7:15
NIGHT AT THE MUSEUM (PG) 5:10, 8:00
ROCKY BALBOA (PG) 4:45, 7:20
CHARLOTTE'S WEB (G) 4:25, 7:00
ERAGON (PG) 4:50, 7:30
THE PURSUIT OF HAPPYNESS (PG13) 4:30, 5:00, 7:30, 8:00
BLOOD DIAMOND (R) 7:10
UNACCOMPANIED MINORS (PG) 4:30
HAPPY FEET (PG) 4:40, 7:40

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

FREEDOM WRITERS (PG13) / 4:20, 7:10, 9:50
BLACK CHRISTMAS (R) 6:40
NIGHT AT THE MUSEUM (PG) 4:15, 5:05, 7:40, 9:20, 10:20
WE ARE MARSHALL (PG) 4:40, 7:30, 10:10
CHARLOTTE'S WEB (G) 5:00, 7:20, 9:40
THE PURSUIT OF HAPPYNESS (PG13) 4:10, 5:10, 6:50, 7:50, 9:25, 10:30

AMC SELECT

CHILDREN OF MEN (R) / 4:30, 7:00, 9:30

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

CURSE OF THE GOLDEN FLOWER (R) 2:10, 4:30, 7:20, 9:40
THE PAINTED VEIL (PG13) 2:00, 4:40, 7:20, 9:50
PERFUME: THE STORY OF A MURDERER (R) 1:50, 4:50, 8:00
THE HISTORY BOYS (R) 1:20, 4:10, 7:30, 10:00
VOLVER (R) 1:40, 4:10, 7:10, 9:30
THE QUEEN (PG13) 1:30, 3:50, 7:00, 9:10
LITTLE CHILDREN (R) 1:40, 4:20, 7:10, 9:50

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.
301-729-6633

HAPPILY N'EVER AFTER (PG) / 5:50, 8:15
NIGHT AT THE MUSEUM (PG) 5:20, 8:00
ROCKY BALBOA (PG) 5:30, 8:00
CHARLOTTE'S WEB (G) 5:50, 8:15
ERAGON (PG) 5:40, 8:15
THE PURSUIT OF HAPPYNESS (PG13) 5:10, 7:45
THE PURSUIT OF HAPPYNESS (PG13) [CC] [DV] 5:10, 7:45

LOEWS WHITE FLINT 5

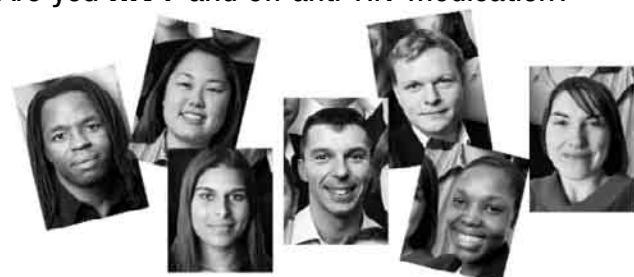
North Bethesda
1-800-FANDANGO #741

THE GOOD SHEPHERD (R) 2:20, 6:25
NIGHT AT THE MUSEUM (PG) 2:15, 4:45, 7:10
THE PURSUIT OF HAPPYNESS (PG13) 2:10, 4:45, 7:30
BLOOD DIAMOND (R) 2:00, 4:40, 7:25

AMC SELECT

PERFUME: THE STORY OF A MURDERER (R) 1:50, 4:45, 7:35

Are you HIV+ and off anti-HIV medication?



Help in the fight against HIV/AIDS

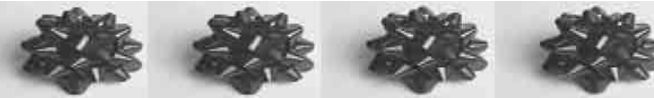
The NIH research team needs **HIV+ volunteers who are off anti-HIV medications** to participate in a clinical research study to evaluate if the medication leflunomide can be used in HIV therapy. Men and women aged 18-65 may be eligible. This study requires 5 to 7 outpatient clinic visits to the Clinical Center in Bethesda, Maryland. There is no cost to participate. Travel costs and lodging may be provided to participants. Compensation is provided.

For more information call 1-800-411-1222 (TTY: 1-866-411-1010)

Ref: HIV Research Study #05-I-0065 or visit <http://clinicaltrials.gov>

Se habla español

Department of Health and Human Services
National Institutes of Health, NIH Clinical Center



Volunteer

If you would like to earn extra money, are 18-55 years old and would like to help others . . .
Accelovance is seeking healthy volunteers for upcoming drug discovery research studies.

Compensation ranges from \$225 to \$850 depending on study duration and time commitment. Volunteers would be required to participate in up to 12 visits over 90 days.

Convenient locations in Downtown DC, Rockville and College Park. Study details available by calling us today.

240.238.4930



✓SPECIAL ENGAGEMENT No passes or discount coupons

[CC] - Closed Captioning [DV] - Descriptive Video Service

Times for Tuesday, January 9, 2007

Entertainment



MONSTER HIT: Ben Stiller's "Night at the Museum" took in \$24 million to stay on top at the box office for a third-straight weekend. The film raised its three-week domestic total to \$164.1 million. Will Smith's "The Pursuit of Happyness" finished second again with \$13 million to raise its total to \$124.2 million. (AP)

THIS WEEK IN

SHAKESPEARE

Making the Scene

Through Feb. 28, the Phillips Collection does its part to help the Bard inundate the District with "Shakespeare on Canvas." The small show features American master Albert Pinkham Ryder's haunting paintings "Macbeth and the Witches" and "Desdemona,"

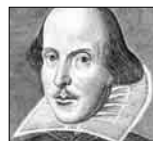
as well as "As You Like It," by the 19th-century French painter Adolphe Monticelli. On Feb. 1, an evening gallery talk will explore these works via the writings of gallery founder Duncan Phillips. Phillips Collection, 1600 21st St. NW; Tues.-Fri., phillipscollection.org. (Dupont Circle)

ALSO: OTHELLO FILM FESTIVAL, National Gallery of Art, 600 Constitution Ave. NW; through Jan. 11; nga.gov. (Smithsonian)

→ **AMERICAN BALLET THEATRE** pres-

ents Lar Lubovitch's "Othello." Kennedy Center, 2700 F St. NW; Jan. 11-14; 202-467-4600. (Foggy Bottom-GWU)

→ **KING LEAR**, Folger Theatre (a co-production with the Classical Theatre of Harlem), 201 East Capitol St. SE; Jan. 11 through Feb. 18; folger.edu. (Capitol South)



THE SHAKESPEARE IN WASHINGTON FESTIVAL CONTINUES THROUGH JUNE. SEE SHAKESPEAREINWASHINGTON.ORG FOR COMPLETE SCHEDULE.



HI, MOM!: Micke Svanberg, second from right, of the Swedish quartet Dark Funeral finds more to fear in organized religion than in his band's black-metal scenarios.

Nothing's Shocking

Black-metal band Dark Funeral is less scary than it sounds

THEY'RE SO HEAVY | On the phone from Sweden, Micke Svanberg didn't sound like the Satan-worshipping guitarist Lord Ahriman of the black-metal band Dark Funeral. The 34-year-old sounded like a well-adjusted father of two who happens to go onstage sporting corpse paint and spiked-leather outfits while fronting a highly theatrical, primal heavy metal band.

"I can understand that there are a lot of people who are afraid of what Dark Funeral stands for and how we present ourselves onstage," Svanberg said, the faint sounds of a guitar solo racing in the background. "But I'm pretty sure if people would meet us, they would get another picture."

"Strictly religious people claim every black-metal band is sacrificing babies and drinking blood for breakfast and all this kind of crazy Hollywood [stuff]," he said. "But it's just in their own books, it's their own fairy tales that they're scared of. If you take organized religions, I think

they scare more people than a band in the black-metal scene, with all their threats and abuse of power."

Dark Funeral's last CD, 2005's "Attera Totus Sanctus," continues the group's assault on organized religion, and the music is as fast and buzzing as ever. It sounds like Beelzebub fronting a chorus of chain saws and jackhammers.

The group kicks off its month-long North American tour at Jaxx tonight, co-headlining with Norwegian black-metal legends Enslaved. It's a perfect circle: Dark Funeral's first show was opening for Enslaved in 1994, and Svanberg said, "It was either us or Enslaved who were the first Scandinavian black-metal band to play the United States."

While black metal is strictly an underground sensation in the U.S., in Nordic countries, Svanberg said, it's just part of the music pantheon. "Lots of middle-age, normal, family fathers in gray suits come to the show." CHRISTOPHER PORTER (EXPRESS)

→ **Jaxx**, 355 Rolling Road, Springfield; with Enslaved, Abigail Williams, Inverted Trifixion, the Green Evening Requiem, 6:30 p.m., \$30; 703-569-5940.

IT ADVANCEMENT AT A HIGHER LEVEL

THE INTERVIEW



"If an IT employer has a wish list of 10 items... you'd better have at least 9 of them."

UMBC

AN HONORS
UNIVERSITY
IN MARYLAND

The Online Master's in Information Systems from UMBC

Top IT recruiters and HR professionals know what it takes to move up in this highly competitive industry. They pay a lot of attention to where candidates went to school, and UMBC is at the top of their lists.

Advance your career. Make your resume stand out from the pack with an online Master of Science degree in Information Systems from UMBC, one of the nation's leading public research universities.

Spring '07 semester application deadline: January 12.

Call 1-800-353-8622 for complete information or to apply. Or, visit us online at www.onlinems.umbc.edu.

FINAL CROC: "Crocodile Hunter" Steve Irwin's final program is complete, but the show about the sea's deadliest creatures will not include footage from the day he was killed by a stingray. "Ocean's Deadliest" will be shown on the Discovery Channel on Jan. 21. (AP)



Television

ON TV TONIGHT

CHICKENS, HOME, ROOST, ETC.
On a can't-miss **HOUSE** (9 p.m., Fox), Dr. Gregory House makes a last-ditch effort to avoid jail time and a possible revocation of his medical license.

SPACE ELEVATOR, GOING UP
NOVA (8 p.m., PBS) presents "Nova ScienceNow," a fast-paced and engaging glance at interesting ideas and developments in science and technology, including new research into the "longevity gene"; the mind-bending idea of a space elevator; and, finally, a profile of Bonnie Bassler, a spirited Princeton professor who discovered how bacteria communicate.

GRIM RELICS
UNDERCOVER HISTORY: HITLER'S BUNKER
 (10 p.m., National Geographic) looks



MED-HEAD: Dr. House, right, finds that forging prescriptions doesn't pay.

at the decades-long search for Hitler's remains. Only after the fall of the Soviet Union was it revealed that Joseph Stalin's government had kept a handful of his bones and teeth in secret hiding places for four decades. KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

Trash & Vaudeville

The third season of 'Boston Legal' gets real — and really silly

RETURN "Boston Legal" (10 p.m., ABC) continues its act of juggling topicality and soap-opera fluff. Denny, Alan and Vanessa travel to New Orleans to defend a doctor against charges that she performed euthanasia on five patients in the grim aftermath of Hurricane Katrina.

Meanwhile, back in Boston, the shenanigans involve a cross-dresser's right to go to an all-female gym as a man and several discussions



Nia Long joins the “Boston” cast as ambitious attorney Vanessa Walker.

about the meaning of the term “friends with benefits.”

One could fault "Boston" for mingling the tragic and the trivial, or of being so embarrassed by its issues that it overcompensates with the ridiculous. But least at the show and its creator, David E. Kelley, are still paying attention to the national disgrace of Katrina and its wake, even by using New Orleans as a backdrop for some of Denny and Alan's loopy man-to-man powwows.

"Boston" stands in favorable contrast to "Law & Order," the original ripped-from-the-headlines drama. The NBC juggernaut series seems to have deliberately set out to alienate its smart, faithful audience by indulging in tabloid trash. And it has succeeded all too well. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

1:9:07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC 4	News	Nightly News	Access Hollywood	Dateline NBC "Bigamy Murder" (N)	Law & Order: Criminal Intent (N) ♀	Law & Order: Criminal Intent (N) ♀	Law & Order: Special Victims Unit (N)	News	Tonight Show			
	WTTG 5	Seinfeld ♀	The Simpsons ♀	Seinfeld ♀	House "Merry Little Christmas" ♀	House "Words and Deeds" (N) ♀	News	News	Geraldo at Large				
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	America's Funniest Home Videos ♀	Big Day (N) ♀	Big Day (N) ♀	Boston Legal "Angel of Death" (N) ♀	News	(35) Nightline		
	WUSA 9	News	Evening News	News	Entertainment	NCIS "Singed Out" ♀	The 33rd Annual People's Choice Awards (S Live) ♀	News	Late Show				
	WDCA 20	Scrubs ♀	Scrubs ♀	Judge Joe Brown	Judge Judy (N) ♀	Wicked Wicked Games (N) ♀	Watch Over Me "Game Time" (N) ♀	The Tyra Banks Show Homelessness.	Still Standing ♀	Still Standing ♀			
	WMPT 22	The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors	Nova "NOVA Science NOW" (N) ♀	Frontline "The Insurgency" ♀	Frontline Pakistani tribal areas.	Saving Grace Behind the Iron Curtain.					
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "NOVA Science NOW" (N) ♀	B-17 Flying Legend ♀	Frontline "The Jesus Factor" ♀	Charlie Rose (N) ♀	Charlie Rose (N) ♀				
	WHUT 32	World Business	Tavis Smiley ♀	BBC World News	Moneywise	Mystery! ♀ (DVS)	Marion's Triumph: Surviving History	BBC World News	Tavis Smiley ♀	Charlie Rose (N) ♀			
WDCW 50	My Wife and Kids	My Wife and Kids	Friends ♀	Friends ♀	Gilmore Girls "Knit, People, Knit" ♀	Veronica Mars "Lord of the P's" ♀	Will & Grace ♀	Will & Grace ♀	Sex and the City	Sex and the City			
BASIC CABLE	A&E	CSI: Miami "Money for Nothing" ♀	CSI: Miami "Shock" ♀	CSI: Miami "Rampage" ♀	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter ♀				
	Animal	The Crocodile Hunter ♀	The Most Extreme "Wild Parties"	The Most Extreme Big cats. ♀	Profiles of Nature ♀	Miami Animal Police "Gators Galore"	The Most Extreme Big cats. ♀						
	BET	106 & Park: BET's Top 10 Live ♀	Hotwired ♀	★ ★ "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce. ♀	American Gangster (Series Finale) (N)	Jamie Foxx	Jamie Foxx						
	Bravo	Funny Movies	Grease: You're the One That I Want ♀	Real Housewives	Real Housewives	Top Chef "Seven" ♀							
	Comedy	(5:00) ★ "Kill the Man" (1999) ♀	Scrubs ♀	Scrubs ♀	Daily Show	Colbert Report	Mind of Mencla	South Park ♀	Jeff Foxworthy: Totally Committed ♀	Daily Show	Colbert Report		
	Court	Forensic Files	Forensic Files	Cops ♀	Cops ♀	Cops ♀	Cops ♀	Cops ♀	Most Shocking "Undercover Stings"	LA Forensics	North Mission		
	Discovery	It Takes a Thief Bed-and-breakfast.	How It's Made	How It's Made	Really Big Things "Paper Maker"	Dirty Jobs Exotic Insects. (N) ♀	Most Deadly Aviation disasters.	Dirty Jobs Viewers' questions. ♀					
	DISCH	Code Blue "One Simple Mistake"	Impact: Stories of Survival ♀	Quints: The First Year ♀	Double Identical Twins ♀	Conjoined Twins: Erin and Jade	Quints: The First Year ♀						
	Disney	Phil of the Future	Zack & Cody	Phil of the Future	That's So Raven	"Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. ♀	Life With Derek	Phil of the Future	Zack & Cody	That's So Raven			
	E!	High 90210	High 90210	E! News (N)	The Daily 10 (N)	50 Most Shocking Celebrity Confessions	Celebrity confessions.	Love Ride	The Soup	E! News	The Daily 10		
	FX	King of the Hill ♀	King of the Hill ♀	That '70s Show	That '70s Show	★ ★ "Dodgeball: A True Underdog Story" (2004) Vince Vaughn. Premiere.	DirT "Blogan" (N)	(:04) DirT "Blogan"					
	HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me ♀	Decorating Cents	24 Hour Design	House Hunters	Hidden Potential	Hammered	House Worth?
	Family	Everwood "Pieces of Me" ♀	Smallville "Exposed" ♀	★ ★ ★ "Ghostbusters" (1984) Bill Murray. Ghost fighters battle ghouls in a Manhattan high-rise.	Whose Line?	The 700 Club ♀							
	History	Pacific: The Lost Evidence "Saipan"	Japanese Aircraft WWII	Modern Marvels: Tomcat Sunset ♀	Modern Marvels	Man, Moment, Machine (N) ♀	The Search for Life on Mars						
	Lifetime	Reba "Invasion"	Reba ♀	Still Standing ♀	Still Standing ♀	Reba "The Wall"	Reba ♀	"Alone With a Stranger" (2000, Suspense)	William R. Moses. Premiere. ♀	Will & Grace ♀	Will & Grace ♀		
	MTV	Exposed ♀	Exposed ♀	Sucker Free ♀	Next ♀	Next ♀	Exposed ♀	Exposed ♀	Exposed ♀	Exposed ♀	Rolling Stone	Real World-Rd	
	NICK	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	SpongeBob	Full House ♀	Full House ♀	Roseanne ♀	Roseanne ♀	Fresh Prince	Fresh Prince
	SCI FI	Stargate SG-1 "The Curse" ♀	Dead Like Me "Vacation" ♀	Dead Like Me "Rest in Peace" ♀	Eureka "H.O.U.S.E. Rules" ♀	ECW Bobby Lashley and RVD. (Live)	(:05) ★ ★ "Immortal" (2004) ♀						
SPIKE	Star Trek: Voyager ♀	CSI: Crime Scene Investigation ♀	CSI: Crime Scene Investigation ♀	Sex and the City	Sex and the City	My Boys	Friends ♀	Friends ♀	Friends ♀	Friends ♀	Friends ♀	Friends ♀	
TBS	Seinfeld ♀	Seinfeld ♀	Every-Raymond	Every-Raymond	Overhaulin' Fixing up a 1967 Galaxie.	Miami Ink "Ami's Bad Side" ♀	Miami Ink "Hawaii" ♀						
TLC	Property Ladder ♀	Sports Disasters "Extreme Danger"	Sports Disasters "Over the Edge"	Without a Trace "Freefall" ♀	Without a Trace ♀	The Closer "Out of Focus" ♀	Cold Case "Revenge" ♀						
TNT	Law & Order "Hitman" ♀ (DVS)	Without a Trace "Viuda Negra" ♀	Without a Trace "Freefall" ♀	Without a Trace ♀	The Closer "Out of Focus" ♀	Cold Case "Revenge" ♀							
USA	Law & Order: Special Victims Unit ♀	Law & Order: Criminal Intent ♀	Law & Order: Special Victims Unit ♀	Law & Order: Special Victims Unit ♀	Geezers Gone Wild (N) ♀	Fabulous Life Of... (N) ♀	Shoot Sizmore	Surreal Life					
VHI	(5:30) I Love New York ♀	The White Rapper Show ♀											
SPAN	TELEM	Sala de Parejas	Noti-Telemundo	Viuda de Blanco (N)	Marina (N)	Amor Mio (N)	Amores (N)	Decisiones	Noti-Telemundo	12 Corazones			
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)	La Fea Más Bella (N)	Mundo de Fieras (N)	Premios Furia Musical	Primer Impacto	Noticiero Univ.				
	ESPN	SportsCenter (Live) ♀	College Basketball Arkansas at Florida. (Live) ♀	College Basketball Ohio State at Wisconsin. (Live) ♀	SportsCenter (Live) ♀								
ESPN2	2005 World Series of Poker ♀	College Basketball West Virginia at Notre Dame. (Live) ♀	College Basketball LSU at Alabama. (Live) ♀	Quite Frankly With Stephen A. Smith									
CSN	Totally Football	SportsNite ♀	NHL Hockey Philadelphia Flyers at Washington Capitals. From Verizon Center in Washington, D.C.	Caps Postgame	SportsNite (Live) ♀	ACC All-Access	Basketball						
NEWS	CNN	Lou Dobbs Tonight ♀	The Situation Room	Paula Zahn Now ♀	Larry King Live ♀	Anderson Cooper 360 ♀							
	FNC	Special Report (Live) ♀	The Fox Report With Shepard Smith	Hannity & Colmes (Live) ♀	On the Record-Van Susteren	The O'Reilly Factor							
	MSNBC	Tucker	Hardball ♀	Countdown With Keith Olbermann	Scarborough Country	Warrior Nation "Malice at the Palace"	Warrior Nation "Malice at the Palace"						
MOVIES	AMC	★ ★ "Rambo: First Blood Part II" (1985, Action) Sylvester Stallone. 'R'	★ ★ "Volcano" (1997, Action) Tommy Lee Jones, Anne Heche. 'PG-13' ♀	(:15) ★ ★ ★ "The Towering Inferno" (1974, Suspense) Steve McQueen. 'PG'									
	TCM	(:15) ★ ★ "The Return of the Vampire" (1944) 'NR'	MGM Parade	★ ★ "The Silver Horde" (1930) Joel McCrea. 'NR'	★ ★ "Adventure in Manhattan" (1936) Jean Arthur. 'NR'	★ ★ ★ "The More the Merrier" (1943)							
	HBO	(5:45) ★ ★ "Batman" (1989, Action) Jack Nicholson. ♀ 'PG-13' ♀	Rome ♀	★ ★ "The Producers" (2005, Musical Comedy) Nathan Lane. ♀ 'PG-13' ♀	(:15) ★ ★ ★ "Wedding Crashers" 'R'								
	MAX	You've Got Mail	(:35) ★ ★ ★ "Assault on Precinct 13" (2005) Ethan Hawke. ♀ 'R' ♀	★ ★ ★ "Madagascar" (2005) Voices of Ben Stiller. 'PG'	★ ★ "Passenger 57" (1992) Wesley Snipes. ♀ 'R' ♀	Bedtime Stories							
	SHOW	(5:00) ★ ★ "Bright Young Things"	Patriot Act: A Jeffrey Ross Home Movie (iTV) ♀	(:25) ★ "Wes Craven Presents Wishmaster" (1997) 'R'	Masters of Horror "Right to Die" (iTV)	The L Word "Legend in the Making"							
	TMC	(:15) "All We Are Saying" (2005, Documentary) ♀ 'NR' ♀	★ ★ "Shooting Livien" (2005) Jason Behr. ♀ 'NR' ♀	(:45) ★ ★ "Suspect Zero" (2004, Suspense) Aaron Eckhart. ♀ 'R' ♀	★ ★ Ishtar (1987)								
STARZ!	★ Out on a Limb	(:40) ★ ★ "Enemy of the State" (1998, Action) Will Smith, Gene Hackman. ♀ 'R' ♀	★ "Ultraviolet" (2006) Milla Jovovich. ♀ 'PG-13' ♀	(:35) ★ ★ "Wolf Creek" (2005) John Jarratt. ♀ 'R' ♀									
ENCORE	(:15) ★ ★ "Dangerous Minds" (1995, Drama) Michelle Pfeiffer. ♀ 'R' ♀	★ ★ "Bewitched" (2005) Nicole Kidman. ♀ 'PG-13' ♀	(:45) ★ ★ "Cellular" (2004, Suspense) Kim Basinger. ♀ 'PG-13' ♀	The January Man									

Sports



KEEP 'EM COMING: Gilbert Arenas has been chosen the NBA's player of the week for the third time in the last five weeks. The Wizards point guard averaged 33.3 points, 7.3 rebounds, 7.3 assists and 2.7 steals in three games last week. He also hit a 32-foot game-winner against the Bucks.

New Owners Pay \$33M for United

Group will turn focus to building a new stadium in Anacostia

UNITED | Former Duke co-captains Brian Davis and Christian Laettner wore black and red soccer scarves instead of basketball jerseys Monday as MLS unveiled a new, minority-led ownership group that is paying a league-record \$33 million for the operating rights to D.C. United.

Now comes the hard part — finding a way to build the team a new stadium in the poorest section of the city.

Davis and Laettner joined a group called D.C. United Holdings, led by San Francisco busi-

nessmen Victor MacFarlane and Will Chang. MacFarlane and Davis are the first black owners in MLS, and Chang, who is also one of the owners of baseball's San Francisco Giants, is the first Chinese-American MLS owner.

"Soccer is the No. 1 sport for people of color all around the world, but not here in the U.S. — yet," MacFarlane said. "We want to be part of the change that is now on the horizon. We would love to help make soccer the sport that African-Americans and other children of color first look to for recreation and entertainment."

It has taken 2 ½ years to sell United's rights — a deal involving a local group, Global Development



Former Duke star Christian Laettner is part of a new United ownership group.

Partners, fell apart last year — and the new owners hope it will take less time to build a new stadium on the underdeveloped south bank of the Anacostia River.

The soccer stadium will cost \$150 million to \$200 million, and the goal is to complete it by the 2009 season on land now owned by the National Park Service.

But city and team officials said Monday they had yet to begin talks regarding who would eventually own the land, how the stadium would be financed, and how all involved would benefit from the expected development projects that would surround the stadium.

The sale is not expected to affect the day-to-day operations of a flagship franchise that has won a record four MLS titles. Kevin Payne will remain the team's president. (AP)

Swengali

BASEBALL | BY MATT SWENSON

Ripken Also A Hero in D.C.

THERE WILL BE a large cry of joy up I-95 today when Orioles great Cal Ripken is elected, unanimously or not, to baseball's Hall of Fame.

Here, though, fans will also rejoice that the Iron Man is receiving the sport's highest honor.

You see, Ripken was baseball to D.C. baseball fans — including yours truly — in the 1980s and '90s, long before the Nats were a reality.

Enough accolades have been thrown Ripken's way that there's

Ripken made it easy for Washingtonians to cheer for Baltimore's team.

no need to explain how great a player he was and what he meant to the game.

On a smaller scale, however, Ripken made it easy for Washingtonians to cheer for Baltimore's team. Maybe even too easy.

Knowing they could see a legend play with any visit to Baltimore, thousands left D.C. each night to catch the Birds' game.

While Ripken certainly deserved all the fans he had, Washington's unabashed love affair with the shortstop probably delayed baseball's return to the nation's capital.

"Why do we need our own team when we've got Cal?" may not have been an official mantra here, but actions spoke loud enough for baseball's higher-ups to hear.

Without Ripken, there's been little reason to pay attention to the Orioles, and now we have our own lowly Nats — just as it should be.

Tuesday's election will be the final chapter of that era when baseball ignored D.C. but D.C. didn't ignore baseball.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Does Everyone Agree on Ripken?

O's great could become first unanimous Hall of Fame inductee

ORIOLES | Cal Ripken is a virtual lock to gain first-ballot entry into the Hall of Fame when the results are announced Tuesday.

The real question is: Is the feeling unanimous? No player has received 100 percent of the vote. But no one has had a career quite like that of Cal Ripken, either.

"He's got a shot," Hall of Fame member Brooks Robinson said. "It's a long shot, but it's going to be interesting."

Since the Baseball Writers' Association of America began voting for Hall of Fame entrants by ushering in the inaugural class of Ty Cobb, Babe Ruth, Walter Johnson, Christy Mathewson and Honus Wagner in 1936, no player has received 100 percent of the vote.

Each year, more than 500 eligible BBWAA members receive a ballot filled with around two dozen possibilities. Only a few players actually receive votes.

The closest anyone has come to receiving 100 percent of the vote



Cal Ripken waves to the crowd at Camden Yards after breaking Lou Gehrig's record.

THE RIPKEN RECORD

Ripken put up plenty of dazzling numbers during his sensational 21-year career — all with the Orioles. Here's a look at some of the highlights:

- In probably his most famous act, the Iron Man played in 2,632 consecutive games, breaking Lou Gehrig's 56-year-old record of 2,130 straight on Sept. 6, 1995.
- In 11,551 at-bats, Ripken compiled 3,184 hits (14th all-time) and 431 home runs. At 6-foot-4, he was a pioneer for big, power-hitting shortstops.
- He was twice named MVP (1983 and 1991) and played in 19 All-Star games. His 16 straight All-Star starts is an MLB record.

is Tom Seaver, who was on 425 of 430 ballots to earn 98.84 percent in 1992.

Nolan Ryan ranks second with 98.79 percent, in 1999, followed by Ty Cobb (98.23 in 1936). Babe Ruth is ninth with 95.13 percent, which says a lot about the chances Ripken has of earning unanimous selection. If 11 guys felt inclined to

"As far as I'm concerned, Cal's career can't be besmirched by anybody or anything."

Baseball commissioner Bud Selig on whether McGwire's nomination will detract from Ripken's almost certain induction. | **Today, Sports**

IN The Washington Post

leave Babe Ruth off their ballot in 1936, it's not difficult to imagine at least one person failing to check the box next to Ripken's name.

"History tells us that he's not going to be unanimous, because nobody's ever unanimous. Until somebody is, my gut feeling is it won't happen that way," said Peter Schmuck, a baseball writer for the Baltimore Sun and a former BBWAA chapter president.

"I know the criteria to be a Hall of Famer," Robinson said, "and Cal is every one of those things." (AP)

AGGRESSIVE PURSUIT: The Dolphins might be trying to lure USC coach Pete Carroll back to the NFL. Carroll, who had two disappointing stints as an NFL coach in the 1990s, is vacationing in Costa Rica, and a Dolphins-owned plane flew there Sunday, according to flight records.



Sports

Ravens Lucky to Have Options on O

Indianapolis will likely load up against the run to stop Jamal Lewis

RAVENS | The Baltimore Ravens won a franchise-record 13 games this season because their offense provided sufficient support to the league's top-rated defense.

They hope to implement that formula Saturday in their playoff game against the Indianapolis Colts.

After yielding at least 100 yards rushing in each of their 16 regular season games, the Colts stacked the line of scrimmage last weekend in an effort to stop Kansas City Chiefs running back Larry Johnson. The strategy worked perfectly: Johnson was limited to 32 yards on a season-low 13 carries, and the Colts advanced with a 23-8 victory.



Ravens running back Jamal Lewis rushed for 1,132 yards this season and averaged 22 carries over Baltimore's last four regular season games — all of them wins.

The Ravens expect the Colts to implement a similar ploy Saturday against running back Jamal Lewis, who ran for 1,132 yards this season and is the focal point of the Baltimore attack. Lewis averaged 22 carries over the Ravens' last four regular season games — all wins.

The Colts' success stopping Johnson won't deter the Ravens from attempting to pound Lewis into the line a couple dozen times, if for no other reason than to keep Colts quarterback Peyton Manning off the field. But if Indianapolis stops Lewis, the Ravens won't panic, thanks to QB Steve McNair and a renewed passing attack.

"It's good to be versatile, to be able to run the ball and throw the ball," receiver Mark Clayton said. "And when we throw the ball, we have options." DAVID GINSBURG (AP)

North Carolina Takes the AP's No. 1 Ranking

COLLEGE HOOPS | North Carolina is No. 1 in The Associated Press' college basketball poll for the first time in almost six years.

The Tar Heels (14-1) moved into the top spot Monday after three weeks at No. 2 following UCLA's loss at Oregon last weekend.

"I feel good where we are, but it's so, so early," coach Roy Williams said Monday. "We have 15 more battles to go in the conference, so we'll see what happens."

North Carolina received 64 first-place votes and easily outdistanced No. 2 Florida (14-2). Wisconsin (15-1) received one first-place vote and moved from fourth to third, the highest ranking in school history, while UCLA dropped from first to fourth. (AP)



GEORGETOWN UNIVERSITY

PROFESSIONAL DEVELOPMENT



Increase your competitiveness now.

Register today at cpd.georgetown.edu or call (202) 687-7000

Spring registration is open for over 290 Professional Development Certificates and Courses at our Arlington campus on the metro line. Courses begin soon so enroll today.

LEARN MORE AT OUR INFORMATION SESSION

January 11, 2007 | 6:00 p.m.

3101 Wilson Blvd, Suite 200, Arlington, VA
(across the street from Clarendon Metro Station)

Please call 202.687.7000
or visit cpd.georgetown.edu.

RSVP
REQUESTED.

Accounting and Finance
Advertising and Marketing
Arts & Culture
Business and International Business
Coaching
Communications and Writing
Entrepreneurship
Ethics and Governance
Financial Planning
Franchise Management
Government and International Affairs
Human Resources
Information Technologies
Journalism
Languages
Senior Executive Leadership
Marketing
Museum and Exhibition Design
Negotiation and Dispute Resolution
Paralegal Studies
Project Management
Public Relations
Real Estate

Stratford[®] UNIVERSITY

www.stratford.edu

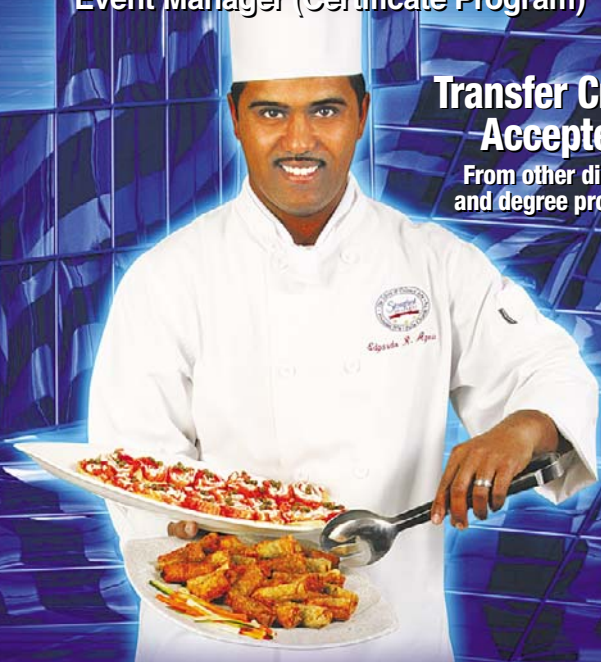
The Career University For The Future.

School of Culinary Arts and Hospitality

Hospitality Management (BA)
Hotel & Restaurant Management (AAS)
Advanced Culinary Arts (AAS)
Advanced Culinary Arts (Professional Diploma)
Event Manager (Certificate Program)

**Transfer Credits
Accepted!**

From other diploma
and degree programs



For further information, please contact Admissions:

www.stratford.edu

Tysons Corner Campus (703) 821-8570

Woodbridge Campus (703) 897-1982

Certified by SCHEV to Operate Campuses in Virginia

Being prepared in case of a disaster is one of the most important steps you can take to ensure your well-being and that of your family. Be prepared to help yourself, your neighbors and your community. Contact **1-800-VOLUNTEER** or log on to www.1800volunteer.org to learn more about how to help your community. Your neighbors are counting on you.

www.volunteerfairfax.org

**Volunteer
Fairfax**

DON'T WAIT UNTIL A DISASTER IS DECLARED

Get trained by one of these groups to be ready to help in case of disaster:

- The Medical Reserve Corps
- Volunteers in Police Service
- Community Emergency Response Team
- Fire Corps
- Neighborhood Watch
- Volunteer Mobilization Leadership Team

BE PART OF THE SOLUTION AND FIND A VOLUNTEER OPPORTUNITY NEAR YOU. Contact Volunteer Fairfax, a member of the Greater Washington Metro Coalition of Volunteer Centers, at **1-800-VOLUNTEER** or log on to www.1800volunteer.org.

VOLUNTEER TODAY

fashion
forward

Weekend Styles.
Every Friday

express

XX264 1x2

Stratford[®] UNIVERSITY

www.stratford.edu

The University for Your Future.

**Associate of Applied Science in Allied Health
with a Concentration in Medical Assisting**

**Transfer Credits
Accepted!**

From other diploma
and degree programs



For further information, please contact Admissions:

www.stratford.edu

Tysons Corner Campus (703) 821-8570

Woodbridge Campus (703) 897-1982

Certified by SCHEV to Operate Campuses in Virginia



Valid at all
**Washington DC
Area**
Così Locations

NOW OPEN
in **Virginia Square
& Falls Church!**

Visit www.getcosi.com for
restaurant locations
and hours.

NEW
Hearty Flavors



NEW
Pot Roast Nuevo
A taste of the Southwest

NEW
Five Cheese Melt
A different flavor in every bite



LIMITED TIME OFFER

TRY US
YOU'LL LIKE US

Here's **\$2** towards
the taste of Così

Ask us about our
**NEW Così
Card!**

Offer valid on any sandwich, pizza or salad. Limit 1 coupon per person per visit. Not valid with any other offer. Offer not valid at Così airport locations. Must present coupon when ordering. No reproduction or internet distribution allowed. Not redeemable for cash. Applicable taxes and gratuity must be paid by consumer. © 2007 Così, Inc. Offer expires 3/09/07. CODE: DCEX



Want to Quit Smoking? Give Research a Try!

(financial compensation is available)

Stamped copy on file with IRB: Revised May 31, 2006



The Center for Health Behavior Research, under the direction of Elbert Glover, PhD, is currently conducting a research study testing an investigational drug which may help people stop smoking.



Qualified smokers averaging 10 cigarettes per day, 18 years and older will receive at NO COST study related:
• Laboratory Assessments

• Physical Exams
• Individualized Counseling
• Study Medication or Placebo (1:1 chance of receiving the drug)

This study requires office visits and home diary completion for 6 months.
To apply to enroll in this study, call Jessica M. Rath, PhD today- (301) 405-0128

GW SCHOOL OF BUSINESS

MASTER OF SCIENCE IN INFORMATION SYSTEMS TECHNOLOGY

Energize your career. Learn to design and manage information systems to solve management problems and create business opportunities.



Specialize your coursework. Focus on key technologies, strategic thinking, collaboration and methodologies for decision making and leadership.

Concentrations available: *Management Information Systems, Information Systems Development, Information Systems Project Management, Executive MS in Information Systems.*

Multiple Locations, Multiple Formats
Arlington, Ashburn, Washington
Evenings, Weekends, Executive Cohort

*EMIS & MIS tracks only

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR AMBITION.

www.gwu.edu/gradinfo

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/
AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

Information Session
Thursday, January 18
6:30 pm

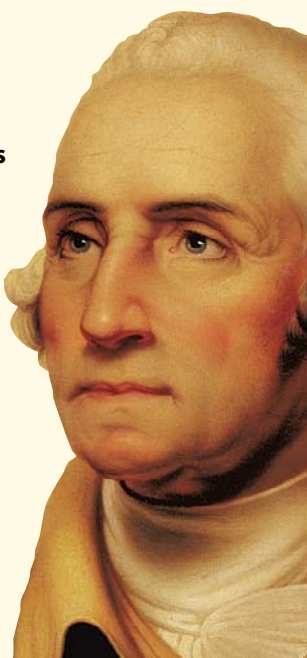
3601 Wilson Blvd., Suite 400
Arlington, VA 22201

Metro: Orange Line to Virginia
Square

Rsvp Today!

703.248.2800

www.msist.gwu.edu



dcjobs.com

search for local jobs
post your resume
get hired

APPRENDRE ANGLAIS since 1939 *Sanz*
1 (877) 872-2505

LIPOSUCTION
Unwanted Fat Removed
Permanently!

Winter Special Ends Soon!

vita
SURGICAL GROUP
www.vitasurgical.com
202.452.1332

24th and I St, Foggy Bottom Metro
Tyson's Corner **703.533.1025**
Alexandria **703.465.0666**
Bethesda **301.738.6766**
Columbia/Baltimore **410.730.7226**

☐ I care about my culture

☐ I care about all cultures



We offer a wide variety of graduate programs for people with purpose. Apply now for fall.
For information visit www.american.edu/gradstudy.



AMERICAN UNIVERSITY

Arts and Sciences Business Communication International Service Law Public Affairs

EO/AA University and Employer

Place your Classified ad today. **202-334-6200.**

X167k 2x.5

Sports



SELECTIVE MEMORY: Apparently, FIFA wants to forget about Zinedine Zidane's head-butt in last summer's World Cup. There was no mention of the incident in the soccer body's official World Cup 2006 report. It's not even noted that Zidane was ejected from the last game of his career.

Giant Drama All Season

In New York, year was marred by criticism and off-field bickering

NFL | When Jeremy Shockey used a derogatory term to refer to New York Giants coach Tom Coughlin last August, it set the tone for a season that will be remembered more for off-field bickering than for on-field accomplishments.

Even through the first eight games, when the Giants were 6-2 and looked poised to fulfill the high expectations they'd placed on themselves, something wasn't quite right.

An adversarial tone could be heard in the locker room, stoked by some veteran players considered the team's leaders.

The team seemed to lack chem-



GEORGE WIDOMAN/AP

Coughlin's players criticized him throughout this disappointing season.

istry. After a 23-20 loss to Philadelphia in the wild-card game on Sunday, the Giants will have

a long offseason to ponder what went wrong.

"I thought we teetered on the brink all year long," kicker Jay Feely said while players emptied their lockers on Monday. "We're going through training camp and we have guys every day who look like they're trying to get the lime-light on themselves, saying something controversial."

"You don't hear that kind of thing coming out of the Patriots," Feely continued. "You hear Tom Brady say, 'Our players need to listen to our coach more.' I think we needed a little more of that."

Most players, including Feely, defended Coughlin on Monday, fully aware that his job isn't secure following a second consecutive first-round playoff loss.

DAVID PORTER (AP)

Former Terp Won't Serve Jail Time

TERPS FOOTBALL | Former University of Maryland basketball player Travis Garrison won't have to serve time in prison or register as a sex offender after a judge modified his sentence Monday.

Garrison, a forward who plays for the Great Falls Explorers in the Continental Basketball Association, pleaded guilty in June to second-degree assault and fourth-degree

sex assault for slapping and grabbing a woman at a College Park bar.

Following the plea, a Prince George's County District Court judge ordered Garrison to spend 10 days in prison and register as a sex offender. Garrison was unaware at the time he could face such a punishment and appealed the sentence, said Thomas Mooney, his current attorney. STEPHEN MANNING (AP)

TODAY'S TV LINEUP

CAPITALS (7 P.M. ON COMCAST) The Flyers are back in town to play the streaky Caps while they're on a hot streak.

COLLEGE HOOPS (7 P.M. ON ESPN AND 7 P.M. ON ESPN2) The first games of Tuesday's doubleheaders feature Arkansas at Florida and West Virginia at Notre Dame.

COLLEGE HOOPS (9 P.M. ON ESPN AND 9 P.M. ON ESPN2) No. 5 Ohio State at No 3

Wisconsin is the game of the night, featuring Greg Oden against a tough conference opponent. LSU also travels to Alabama for another tough conference bout.

HOCKEY (9 P.M. ON VERSUS) In a game that's always an intense rivalry — at least in Michigan and Colorado — the Red Wings head west and play the Avalanche.

It's coming. You're responsible for it.
And you're not ready.



Attend *The Ripple Effect*, a national homeland security conference.
February 6–7 • National Press Club • Washington, D.C.

- ▶ Keynotes include House Homeland Security Chair Bennie G. Thompson, FEMA Director David Paulison, and Joint Task Force – Katrina Commander Lieutenant General Russel L. Honoré.
- ▶ Discuss the cascading impacts of terrorism and natural disasters on smaller communities.

Limited number of seats available —
Register today at www.apus.edu/disaster or call 888-767-5561.

Sponsors include WTOP/Federal News Radio, U.S. Chamber of Commerce, Homeland Security Research Corp., and Russell Public Relations.

Join Us!

Express, Lindy Promotions and Miller Lite
invite you to the...

express
afterhours

Break Your Resolutions Party!



- 🕒 \$1 Miller Lite drafts until you kick the keg!
- 🕒 \$2 Miller Lite drafts after the keg is kicked!
- 🕒 \$2 hangover shooters & other drink specials!
- 🕒 Free food buffet 5-7PM!
- 🕒 Raffle to win free roundtrip airfare from JetBlue Airways, lots of other giveaways, and NO COVER!

Thursday, January 11, 5-9PM
at
The Front Page

1333 New Hampshire Ave., NW, Washington, DC • 202-296-6500
Nearest Metro: Dupont Circle (red line)

Special prize package for the first 100!

Questions? Call 301-652-7712.



jetBlue
AIRWAYS



The Front Page

express

Express Publications, LLC, Arlington, Virginia

XX588

APRENDA
INGLES *Sanz*
since 1939
Se Habla Español
1 (877) 872-2505

DC-NY EXPRESS BUS



Great American Bus Line

1-866-625-3340

www.greatamericanbusline.com

Complimentary beverage on all trips

Low-fee psychotherapy is available for adults with:

- Anxiety disorders
- Depression
- Relationship problems
- Stress
- Trichotillomania
- Cigarette smoking

For more information contact:
Dr. David Haaga, Department of Psychology
American University, Washington, DC
202-885-1718



EO/AA University and Employer

- ☐ The highest calling
is to be served
- ☐ The highest calling
is to serve



**We offer a wide variety of graduate
programs for people with purpose. Apply now for fall.**
For information visit www.american.edu/gradstudy.



AMERICAN UNIVERSITY

Arts and Sciences Business Communication International Service Law Public Affairs

EO/AA University and Employer

Cleared Job Fair

Exclusively for
Cleared Job Seekers
with Active or
Current Security
Clearances

Meet with
Hiring Managers
hiring for:

- BAE Systems • McClendon Corporation • Raytheon • Northrop Grumman • General Dynamics
- EDS Corporation • Lockheed Martin • L-3 East • Harris Corporation • Terremark Worldwide
- Triumph Technologies • Computer Sciences Corporation • WINS • U.S. Border Patrol
- DTI Associates • Verizon Federal • L-3 Services Group • and more coming!

All the following
Cleared Job Fairs
are FREE to
Security Cleared
Job Seekers!
Pre-Register,
Post Your
Resume and
Search Current
Cleared Jobs at

Accounting, Financial Analyst, Budget Analysts, Business Development Managers, Business Manager, Clinical Data Managers (Oncology experience), Communications Systems Engineers, Configuration Managers, Contracts/Subcontract Reps, Crystal Report Developer, RF Engineer, Detector & Cryogenics Engineer, Digital Signal Processing, Electrical Engineers, Facilities Securities Officer, Field Installer-Worldwide Travel, Focal Plane Array, FPGA Digital Design Engineer, Guidance, Navigation & Control (GNC), Knowledge Management Specialist, Lead FCS & CIWS Engineer, Manpower Planning Consultant (N1), Marimba Systems Engineer, Optical Integration Engineer, Opto-Mechanics, Oracle Database Admin, Portal Engineer, Power Supplies & Control, Procurement Admin, Project Manager, Quality Engineer, Rational Administrator, SAN Engineer & Programmers, and much more!

WWW.CLEAREDJOBS.NET

ClearedJobs Net

CLEARED JOB FAIR

January 11th, 11am-4pm
DoubleTree Hotel-Crystal City
300 Army Navy Drive, Arlington, VA 22202

Washington's Weight Loss Leader

Medically supervised Weight Loss
and Mesotherapy, the Lipo alternative!

When you're healthy, you're beautiful!
Schedule your consultation today!

(703) 558-4949

Denise Bruner, M.D., FASBP
5015 Lee Highway, Arlington, VA



\$ FAX-A-CHECK \$™
APPLY FROM ANY FAX MACHINE

CASH ADVANCES

IN ONE HOUR • \$50-\$500

**IN A BIND? NEED A DIME?
GET FAST MONEY JUST IN TIME!!**

703-683-4535

CALL FOR REQUIREMENTS

*ONE HOUR SERVICE FOR MOST MAJOR BANKS
*SAME DAY SERVICE FOR SMALLER BANKS AND CREDIT UNIONS

HOME RULE!

Wizards Individual Tickets for January and February Games are now on sale!

JANUARY GAMES

WED 10 Chicago Bulls
MON 15 Utah Jazz
WED 17 New York Knicks
SAT 20 Boston Celtics
TUE 23 Phoenix Suns
TUE 30 Detroit Pistons

FEBRUARY GAMES

SAT 3 LA Lakers *
MON 5 Seattle SuperSonics
WED 7 San Antonio Spurs
SUN 11 Portland Trail Blazers
TUE 20 Minnesota Timberwolves
THU 22 Sacramento Kings
WED 28 Miami Heat

Call 202.397.SEAT or visit WashingtonWizards.com
to order your individual game tickets today.

* Game Sold Out



For accessible seating, call 202.681.5065
TTY 202.681.5066

**GRADUATE CERTIFICATE
GW VIRGINIA CAMPUS - LOUDOUN
GW K STREET CENTER**

LANDSCAPE DESIGN

Landscape professionals are in demand. With its emphasis on small-scale landscape design, our program enjoys a strong reputation in the area's landscape and horticulture industry.

Convenient. Evening and weekend classes downtown, at the Virginia Campus and in local gardens.

Transferable. May be applied to an MLA at Virginia Tech's Alexandria campus.

Saturday, January 27

**Career Fair
1:00 - 5:00 pm**

**Information Session
2:30 pm**

GW Graduate Education
Center, Arlington
3601 Wilson Blvd., Suite 400
Arlington, VA
Metro: Orange Line to
Virginia Square
Free garage parking available

Rsvp Today!

703.248.2800
nearyou.gwu.edu/landscape

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo



31692

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/
AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.**

express

Sports

Petrino Is the Guy For the Falcons

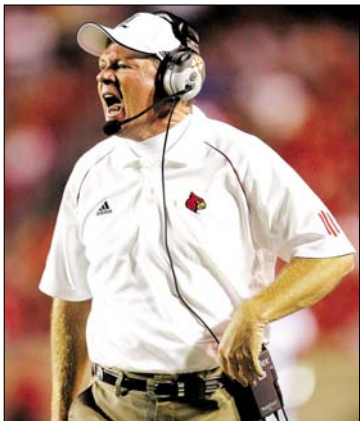
Owner hopes his new coach will motivate an underachieving group

NFL | Bobby Petrino will have an impact on Michael Vick and the Falcons. Just ask team owner Arthur Blank. Blank sees Petrino, who was hired away from Louisville, "as a difference-maker."

"Bobby knows how to motivate," Blank said Monday. "He knows how to teach. He knows how to get the best out of his athletes. ... He'll push Michael Vick to higher levels."

The Falcons, first in the league in rushing but last in passing, ranked 25th in scoring in their disappointing 7-9 season.

Petrino, 45, polished his reputation as a top offensive coach in four seasons as Louisville's head coach. His 41-9 record included a 12-1 mark and No. 5 national rank-



ANDY LYONS/GETTY IMAGES

Former Louisville coach Bobby Petrino agreed to take over the Atlanta Falcons.

ing this season.

"I was certainly committed to the University of Louisville and staying there," Petrino said. "I did not go out and seek any other jobs and did not go make a phone call to any NFL teams, and then this came up." CHARLES ODUM (AP)

Johnson Announces He Will Go Pro

COLLEGE FOOTBALL | For Calvin Johnson, this was a no-brainer.

Georgia Tech's star receiver announced Monday that he will give up his senior season to enter the NFL draft, fully aware that he should be one of the top players selected.

Even his parents, who are adamant that he get his college degree, knew there was no use putting off the pros any longer.

"It's one of those situations where he's got to maximize the moment," Calvin Johnson Sr. said. "These opportunities don't come along very



JOHNNY CRAWFORD/AP

Calvin Johnson, left, sits with his dad while announcing his decision to go pro.

often. He made the right decision for himself. He didn't feel a lot of pressure from us." PAUL NEWBERRY (AP)

Russell to Decide By Wednesday

COLLEGE FOOTBALL | JaMarcus Russell will announce Wednesday whether he is entering the NFL draft.

LSU spokesman Michael Bonnette said Monday that university officials were helping Russell set up the announcement, but labeled as

"premature" recent reports that the quarterback had already decided to turn pro.

"I don't think he's made his mind up yet. People are jumping the gun," Bonnette said. "He still has a couple days to think things through and make the best decision for himself and his family."

ESPN.com reported Sunday that the 6-foot-6, 257-pound Russell was entering the draft. (AP)

Introducing The Latest Technology In Comprehensive Dental & Orthodontic Care

•Implants
•Emergency Care
•Dental Check-Ups
•Crowns & Bridges
•Root Canal Therapy
•Oral Surgery
•Periodontics
•Cosmetic Dentistry
•Orthodontics
•Digital Computerized X-Rays
•Intra-Oral Camera/Video Imaging
•Air Abrasion (No More Needles)
•EVENING HOURS BY APPOINTMENT

All In One Facility

1 block away from
Foggy Bottom Metro
Station

FREE CONSULTATION
ON LUMINEERS BY
CERINATE

Free Orthodontic &
Implant Consultation

3 Washington Circle, NW
Suite #306
Washington, DC 20037

202.775.0167

K Street Dental & Orthodontic Group

Dr. A. Shouhayib & Associates

308 Main Street
Gaithersburg, MD 20878

301.977.9787

www.kstreetdental.com



Now that
there's
a choice,
which
would you
choose?

Straight Teeth. No Braces.

PREMIERE INVISALIGN PROVIDER
(top 5% Nationwide 2005)



**WeekendPass makes
the weekend historic.**

Every Thursday in Express.

XX143eC 1x2

☐ The world owes
me a living

☐ I owe something
to the world



We offer a wide variety of graduate programs for people with purpose. Apply now for fall. For information visit www.american.edu/gradstudy.



AMERICAN UNIVERSITY

Arts and Sciences Business Communication International Service Law Public Affairs

EO/AA University and Employer

readexpress.com

X120aC 3x1

Help Yourself by Helping Others



MEDICAL ASSISTANT
Diploma *(On-Site Externship included)*

**MEDICAL OFFICE
SPECIALIST**
Diploma *(Billing & Coding included)*

HEALTH INFOTECH
AOS Degree *(in 16 months)*

Sang
since 1939

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Assistance

Convenient **Day, Eve & WEEKEND** Schedules
Convenient **DC MD VA** Locations

1 (888) 407-8222

Programs and Schedules Vary by Campus

Sports

Singh Sees Work Pay Off in Hawaii

The 43-year-old proves he is back in old form with early season win

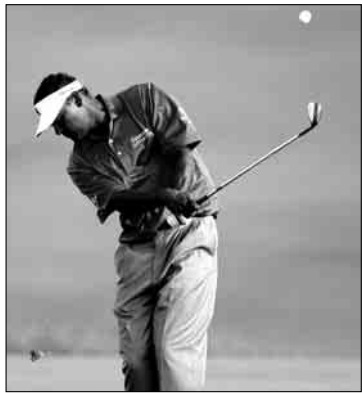
GOLF | First came his induction into the World Golf Hall of Fame. A week later brought an end to his worst season in five years on the U.S. PGA Tour, and what appeared to be the beginning of the end to Vijay Singh.

"I think he was out to prove that wasn't the case," Davis Love III said.

The proof was in Singh's two-shot victory in the season-opening Mercedes-Benz Championship in Maui on Sunday, a command performance in which Singh didn't make a bogey over the final 29 holes and never let anyone closer than two shots to him over the final 25 holes.

And it was no accident.

Morning and evening for two



Vijay Singh, 43, starts the season off right with a dominating win in Hawaii.

weeks in Hawaii, he pounded his body in the gym. During the day, he spent five hours on the practice range hitting about 400 balls, leaving enough time for him to play 18 holes.

"I wanted this win, and I practiced hard for it," said Singh, a legendary workaholic who turns 44 next month. "I worked hard and it paid off."

DOUG FERGUSON (AP)

"So funny it will make you drool."

"Belly laughs!" – Nelson Pressley, *Washington Post*

"Even those who consider farce Ambien in the footlights might find themselves helpless with laughter ... some of the finest comedic talent on this side of the pond." – Jayne Blanchard, *Washington Times*

"An excellent cast ... so funny it will make you drool ... Don't miss it." – Tim Treador, *DC Theatre Reviews*

"Ridiculously funny." – Tom Avila, *Metro Weekly*

"A giddy free-for-all." – Bob Mondello, *City Paper*

noises off

by Michael Frayn

directed by Jonathan Munby

Through January 28 only

Photo of Helen Carey by Scott Suchman. Photo of Helen Carey, Lynnda Ferguson, Robert J. Prosky and Amelia McClain by Scott Suchman.



arena stage

Tickets going fast:

www.arenastage.org or (202) 488-3300

Groups of 15+ save – call (202) 488-4380

molly smith
artistic director

express



automobile dealers

more cars on the net



@washingtonpost.com



ROCKVILLE AUDI

Rockville, MD 301-881-0900
1450 Rockville Pike • rockvilleporsche-audi.com



CAPITOL CADILLAC

Greenbelt, MD 301-441-9600
6500 Capitol Drive • www.capitolcadillac.com

MOORE CADILLAC

Tysons Corner 703-790-0950
8595 Leesburg Pike • www.moorecadillac.com



KOONS CHEVY TYSONS

Vienna, VA 888-383-8200
2000 Chain Bridge Rd • www.koons.com



CRYSTAL FORD

Silver Spring 866-369-9999
3111 Automobile Blvd • www.trycrystal.com

JERRY'S FORD

Annandale, VA 703-256-5000
6510 Little River Turnpike • www.JerrysFord.com

KOONS FORD OF ROCKVILLE

Rockville 877-518-1747
718 Rockville Pike • www.koonsford.com

KOONS STERLING FORD

Alexandria, VA 888-342-7300
46869 Harry Byrd Hwy • www.koons.com

OURISMAN WORLD OF FORD

Alexandria, VA 703-660-9000
6129 Richmond Hwy. • www.ourismanford.com



BILL PAGE HONDA

Falls Church 1-866-391-8562
6715 Arlington Blvd • www.billpagehonda.com



INFINITI OF CHANTILLY

Chantilly 703-322-3600
Chantilly Auto Park • infinitiofchantilly.com



LEXUS OF SILVER SPRING

Silver Spring, MD 800-266-4874
2505 Prosperity Terr • www.lexusofsilverspring.com



SAFFORD LINCOLN MERCURY

3110 Automobile Blvd.
Silver Spring, MD 20904
800-973-4696
www.saffordlm.com



ROSENTHAL GAITHERSBURG MAZDA

#1 in Mont. Co. 1-800-450-4963
625 N Frederick Ave. www.gaitherburgmazda.com



EURO MOTORCARS

Bethesda, MD 301-986-8800
7020 Arlington Rd. • Buying/Internet Services Welcome

EURO MOTORCARS GERMANTOWN

Germantown, MD 240-686-1300
19750 Germantown Rd. • euromotorcarsgermantown.com



355 NISSAN/VOLVO

Rockville, MD 301-309-2200
15131 Indianola Drive • www.darcars.com



355 TOYOTA/SCION

Rockville, MD 301-309-3917
15131 Frederick Road • www.darcars.com



355 TOYOTA

Rockville, MD 301-309-3917
15131 Frederick Road • www.darcars.com



ALEXANDRIA TOYOTA

Alexandria 703-684-0700
3570 Jeff Davis Hwy • www.alexandriatoyota.com

KAY JENNINGS SPRINGFIELD TOYOTA

Springfield 703-451-0300
6570 Amherst Ave. • www.springfieldtoyota.com

KOONS ARLINGTON TOYOTA

Arlington 888-837-8657
4045 Lee Highway • www.koons.com

KOONS TYSONS TOYOTA

Vienna, VA 888-505-1137
8610 Leesburg Pike • www.koons.com



ALEXANDRIA VW

Alexandria 888-692-7089
107 W. Glebe Rd. • www.alexandriavw.com

BROWN'S VW OF MANASSAS

Manassas, VA 703-257-6002
8846 Mathis Ave. • www.manassasvw.com

ATTENTION WOMEN

Are you between the ages of 40 and 70? Are you experiencing loss of pleasure, poor concentration, low energy, appetite changes, or low sex drive? Is your mood sad, down, or depressed?

If so, you may be eligible to participate in a research study to evaluate an investigational medication.

If you qualify for this study, you will receive a study-related evaluation of your symptoms, study-related physical exams, and routine lab work all at no cost to you.

In addition, you may be compensated for your time and travel.

DUPONT CLINICAL RESEARCH
301-231-9011
www.dupontclinicalresearch.com

VOLUNTEERS NEEDED

Compensation paid to healthy female and male volunteers for donations of small amounts of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- **Ages 18 to 45**
- **In good health**
- **Not engaged in high risk behaviors**

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:

TOLL FREE: (888) 926-9211

EMAIL: donorinfo@Cambrex.com



AD BONE MARROW 11/05



Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults ages 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

Please call:

301-251-8351

www.hivresearch.org/clinical-trials

You will be compensated for your time.

Keep It Clean

Help us keep Metro litter-free.

Please take this newspaper with you when you leave.

express

A publication of The Washington Post

Please use the recycling containers at any Metro station or take Express with you and dispose of it when you are finished reading.

And thanks for reading Express.

XX574bw 5x3

Are you tired of waking up BEFORE your alarm?

INSOMNIA



If you are age 21 to 64 and have trouble **FALLING ASLEEP** and **STAYING ASLEEP** you may qualify to participate in a research study of an investigational medication for **INSOMNIA**.

Compensation may be provided for time and travel.

Call
301-654-5665
research@sleepdoc.com

The Center for Sleep & Wake Disorders
Chevy Chase, Maryland
Friendship Heights Metro

"We Offer the Best Care in the Valley"

Adonai Gardens
Paradise Living
Owner Operated

- Licensed for Regular & Intensive Living Care
- Alzheimer's / Dementia Care
- Respite Care / Rehab Available
- Full Time RN / Professional Staff
- From \$1750/MO



Check us out @ www.adonaigardens.com

Asthma?

If you....

- Wake up with asthma symptoms at least once a week
- Use a rescue inhaler at least twice a week, and...
- Have needed prednisone for asthma in the past year

You may qualify for a year long investigational research study of a medication for moderate-severe asthma. Compensation offered to qualified participants.

PLEASE CALL: Shelby at 301 962 1609
FREE PARKING AND METRO ACCESSIBLE



THE INSTITUTE FOR ASTHMA AND ALLERGY, PC. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

STOP SMOKING

Roberta Haber, PhD CHt
Achieve Your Goals with Hypnosis
Board Certified Clinical Hypnotherapist
Washington DC (202) 387-7328

EXPRESS HEALTH

Deadline for Copy

4 pm Wednesday

6 days prior to publication

To place an ad or learn about

Express Health ad campaigns

contact

Dan Rose

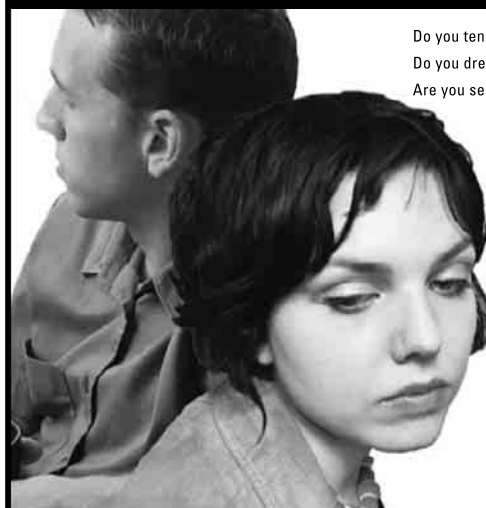
202-334-7011

or 1-800-627-1150 ext. 4-7011

rosede@washpost.com

Fax: 202-334-6724

Nervous around People?



Do you tend to avoid meeting new people?
Do you dread speaking in public?
Are you self conscious in front of others?

You may be suffering from SOCIAL ANXIETY

If you are between 18 and 64, you may be eligible for a clinical research trial of an investigational medication for Social Anxiety Disorder.

For more information, please call...
301-770-7375



Spring Allergy Research Study

Please volunteer for a research study of an investigational allergy medication. Compensation up to \$400 available to qualified participants. **Interested?**

PLEASE CALL: Rockle at 301-962-1606
FREE PARKING AND METRO ACCESSIBLE



THE INSTITUTE FOR ASTHMA AND ALLERGY, PC. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Is the world getting you down?

Is life no fun anymore?
Is your energy level low?
Is your sleeping or eating out of whack?

If so, you may be eligible for a clinical research study on depression at no cost to you.

Call CCRA at 301.770.7375



Capital Clinical Research Associates



have you tried it
in ink?



play
su | do | ku

The fun addictive logic game—every day!

express

A publication of The Washington Post

Puzzles by Pappocom®. For solution, tips and computer program, visit www.sudoku.com.

XX141c 5x2

Classifieds

express marketplace

Reach over 285,000 readers daily plus **SAVE 20%** by running your ad Monday through Friday

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

MEGA JOBS

Call 202-334-4100 Today
to Place Your Ad for MEGA

express : All This Week

The Washington Post : 2nd Chance This Sunday
washingtonpost.com : All of January

TO PLACE A CLASSIFIED AD CALL

202-334-6200

HELP WANTED (JOBS) ADS CALL

202-334-4100

CREDIT CARDS
ACCEPTED



JOBS

Accounting

Financial Reporting Supervisor

Outstanding opportunity with Parking Management, Inc. (PMI) for a detail-oriented Supervisor of Financial Reporting. Successful candidate will be highly motivated, possess strong analytical and communication skills, be a team player and have the ability to work independently. Minimum requirements include 5+ years of accounting experience with 2+ years of current financial reporting. Supervisory expertise required. Ideal candidate will have proficiency in Excel and Lawson and a B.S. degree in Accounting; however experience will be considered in lieu of education. Competitive benefits package and salary commensurate with experience. Resumes must include salary requirements and job code FR2007. Reply in confidence to gtadesse@pmi-parking.com Principals only. EOE.

Activism

Save the Bay! Learn the basics of political organizing and fundraising while working with the Chesapeake Bay Foundation. Passion for the environment and good communications skills a must. Hours M-F 1:30-10:00p.m. 395-480/wk + bonus. Call Citizens Campaigns at 202-895-0420 ext 113.

ADMIN ASSISTANT

DC commercial real estate firm seeking Admin with excel, computer skills. Salary & bonus. Email resume to admin@themeyergrupp.com.

ADMIN. ASST/RECPT

Degree pref'd, location: downtown Silver Spring. Fax resume to: 301-585-8105.

Administrative Assistant

The Phelps Stokes Fund is seeking an experienced Administrative Assistant reporting to the Director of Education and Leadership Programs. The responsibilities include word processing and document preparation; organizing logistics for meetings and small conferences; making travel arrangements; etc. The successful candidate will be self-motivated, organized and confidential, computer savvy, and able to handle multiple tasks under the pressure of deadlines. Candidate must have a minimum of 7 years experience.

For more information, please visit www.psfdc.org or contact 202-371-9544. Attn: HR/AAJOBS Fax: 202-371-9522

Administrative

Mental Health Practice in College Park is looking for F/T Front Desk support. Must have doctors office experience & excellent communication skills. Fax resume to 410-576-9257

Auto Body Person—Exp. good pay. Sil Spring. 301-585-3600.

WeekendPass makes the weekend noteworthy.
Every Thursday in Express.

X1439 1x-5

JOBS

AUTOMOTIVE

WAREHOUSE MANAGER

AUTO PARTS WAREHOUSE MANAGER. F/T, FOR LANDOVER, MD. AREA. EXPERIENCE NECESSARY. COMPETITIVE SALARY AND BENEFITS. SEND RESUME TO: Wash. Post Box M1043, DC 20071-6250

Barbers/Stylists/Braiders

Hiring exp staff. DC Lic req. Pick your station. CALL: 301-343-3952.

BEAUTY/Licensed Stylists & Braiders
Room for advancement. Cap Hill area. Call Mrs Hart, 202-547-0086

CABINETMAKER & HELPER
Architectural Millwork company. Rockville. 1 year minimum experience required. 301-230-2500. www.amazingrain.com

CARPENTER—Experienced carpenter or working Superintendent. Must be familiar with doors and general construction, excellent salary. Call 571-233-8711.

CUSTOMER SERVICE

Access Worldwide has immediate Full-Time positions available in our Hyattsville & Rosslyn offices.

Start a new career for the New Year!

- Medical Benefits, Dental, Prescription & Vision!
- 2 weeks paid training

Apply in person:

PG Plaza Metro
6505 Belcrest Rd. Suite- 100
Hyattsville, MD 20782

Rosslyn Metro
1820 N. Fort Myers Drive Suite-300
Arlington, VA 22209
Call: 571-438-6555
Fax: 866-589-7312

E-Mail: recruitment.cs@accesswww.com

Customer Service

Advertising Coordinator Full Time

The Washington Post is currently searching for high energy Customer Service Representatives who will work in a fast-paced, detailed oriented, team spirited environment.

Responsibilities:

- Provide service support for sales account managers and advertisers.
- Manage ad orders and materials.
- Assure accurate billing.
- Respond to both external and internal inquiries.

For more information & to apply online, visit www.washpost.com.

Qualified candidates should send a resume and cover letter to:

The Washington Post

Attn: HR/CSR/CP
Fax - (202) 912-3677
Talentsearch@washpost.com

Dentist — FT/PT for busy Southern Md. office. Please fax resume: 301-609-4765.

JOBS



Child Care Teachers

Seeking Lead Teachers for our centers in No. Va., Mont. Co., & DC

202-479-0035(p)

202-479-0068(f)

llee@learningcaregroup.com

Minimum req'mts for Leads:
Virginia; HSD & 6 months
programmatic exp. in a lic. center.
DC/Maryland; CDA/90hr childcare
cert. & 1-yr exp. in lic. center.
Infant/Toddler qualified, a plus!
Competitive salary, benefits and
generous childcare discount. EOE

CLEANING

Please see our ad under
"Maintenance" for Power Sweeper
Operator. Parking Management, Inc.
Fax: 202-303-3676

CONSTRUCTION

ATTENTION DC RESIDENTS Sprinkler Fitters Wanted!

Excellent benefits and earn while you learn. Must have 1 year experience. For more info, contact: **Sprinkler Fitters Local Union 669 at 301-497-0498.**

Construction

KNOW A HIGH ENERGY INDIVIDUAL WITH PRIOR SALES EXPERIENCE?

Needing **Hot leads?** Work with a **team, have fun and enjoy good living.** Several pay structures available. Call Mrs. Moss 301-702-1969 ext 101

CONSTRUCTION SUPERINTENDENT

MD builder looking for exp. Const. Super for commercial and residential jobs. Will be responsible for supervising subcontractors & maintaining construction schedules.

High School Diploma or Equivalent. 3 yrs of exp. as Super., 5 yrs. exper. in residential construction. Able to read blueprints. Strong organizational and communication skills.

Please fax resumes to
(301) 692-2101 or email at:
jobs@crgcapital.com.

Salary, bonus and benefits
range is \$60-\$80K.

Construction

Top Gun Wanted!

Quality refinishing company seeking:

- Bathroom and Bathroom refinishers
- (1) Working Foreman position available
- Looking for **Reliable Experienced Glazers**
- Will drastically increase your pay. Bring integrity, energy and last pay stub.
- Must have **Reliable Transportation**
- On-the-job paid training available

Call 301-702-1969 at ext. 116.

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

JOBS

Dispatcher

Rush courier service in Ssg, MD needs 1 great person. Must have courier service exp. Great benefits. Please email hlowe@translogistix.com or fax 301-608-9072.

DOCKWORKER—Needed. Unload trucks. Forklift exper. pref'd. Salary based on exp. **301-350-5622.**

DRIVE - deliver and make \$\$\$. A courier co in MD needs couriers with **Cars, Vans/PU Trucks and Bikers with Mopeds.** Call: Sabrina **301-656-4086.**

DRIVER \$—A courier company in Alexandria needs drivers/bikers with **cars, vans, bikes and mopeds.** Commission + gas incentives. Benefits offered by a 3rd party company. Call Rey today at 703-684-7836.

DRIVER \$—Average \$800-\$1000 in weekly commissions. We have raised our rates & need I/C's w/own Van, Car or Pick-up for routes & local deliveries. Call **Joe 703-662-2218, Tues-Fri.**

Driver

Bring your own car or van. 24 hr rush delivery. Paid weekly. Call 301-495-0000.

DRIVER CDL INSTRUCTOR

5 yrs. exper. \$13-\$20/hour. **301-341-5235**

Driver

Floral delivery, event set up and breakdown. Must know metro area. FT/OT. Great pay and benefits. 301-565-0020.

DRIVERS

CDL Drivers for children in Metro area. Must be 25+ years old, MVR/ background test & drug test req'd \$13/hr. Split shift. Fax resume to: 301-441-8127 or call 301-441-8124. EEO

DRIVERS

PART-TIME, ON CALL

Load Washington Post trucks and deliver bundles of newspapers (up to 60 lbs.) to locations w/in a 50-mile radius of our Springfield, VA & College Park, MD plants. 4-6 shifts per wk and 4-5 hrs per shift. Applicants must be available for all shifts, incl. Friday, Saturday and Sunday nights.

Requirements:

- Valid Class 'A' CDL;
- Zero points on your current driving record;
- Knowledge of the Washington Metropolitan area;
- 2-3 years of driving experience

If you meet qualifications and are interested in a great opportunity, **send resume & a RECENT copy of your current driving record to the address below.**

The Washington Post

ATTN: HR/DRVR/CP
1150 15th Street, NW
Washington, DC 20071
Fax: 202-912-3677

DRYCLEANING

Shirt Tagger & Customer Service Rep. FT position, co. benes. Starting Pay: \$9/hr. Alex. Area. 703-998-6464

EDUCATIONAL OUTDOOR INSTRUCTOR

sz06 Adventure program teaching Challenge Course, Rock climbing, Canoeing with all age groups. Must be at least 18, and pursuing or completed college degree. Exp. in teaching/counseling desired. Will train in tech.skills. Full-time commitment. Can lead to perm. seasonal position. If interested in this opportunity, please call 703-478-1078 or e-mail innerquestinfo@cs.com.

JOBS

ELDERLY CARE/HOUSEKEEPER

Silver Spring/White Oak, Free room & board. \$1500/month. Long-term live-in only. English speaking, US Citizen, Non-smoker. Car required, off Saturdays, Background check. 301-325-7169 leave message.

Full-Time Jobs At ASBURY METHODIST VILLAGE!

We have Full-Time openings for: **Plumber, RNs, Activities, Dining Servers, and Dining Room Captains.** We also have On-Call openings for: **Receptionists, GNAs, and Call Center Operators.** To apply, visit our Employment Office, Monday - Friday, 9:00 a.m. - 4:00 p.m. Asbury Methodist Village, 201 Russell Ave., Gaithersburg, MD 20877, or fax your resume to 301-216-5747, e-mail: mdnetch@asbury.org.
EOE

Hair Stylists (licensed) & Barbers

Needed for new salon in Oxon Hill, MD.
Call 240-417-0584 or 240-882-9418

Healthcare

Research Assistant

RX Trials seeks a highly motivated and organized medical assistant proficient in medical terminology and preferably with EKG and phlebotomy skills to support pharmaceutical inpatient clinical studies at the Washington Hospital Center. Previous clinical research experience preferred. Full time and part time positions available, with competitive salary & benefits. Fax resume to: 410-465-2456 or email: jh@rxtrialsinc.com

HOTEL—Applications are now being accepted for the following positions:

- **Front Desk/Guest Service Rep**
- **Housekeeping**

Exper. preferred but not req'd. Weekends & holidays are req'd. for both positions. Front Desk must be able to work all shifts. Please apply in person: Holiday Inn Express, 4783 Allentown Rd., Camp Springs, MD, exit 9, Capital Beltway.

Hotel

FT/PT, Frnt Desk, ngt Audit. Apply in person: 6633 Arlington Blvd, Falls Church.

Hotel

OMNI SHOREHAM JOB FAIR

At the Omni Shoreham Hotel on Tuesday, January 16th from 10am - 6pm! Located on 2500 Calvert St, NW across from the Woodley Park Metro

Line and Management positions open in Accounting, Engineering, Housekeeping, F&B, Stewarding and Front Office.

Please be prepared to complete application and interview

Omni Hotels is a Drug Free Workplace Equal Opportunity Employer, M/F/D/V

HOUSEKEEPER/LIVE-IN NANNY

Needed for a family of four to provide FT services. Must be fluent in English, Spanish or French. Salary & health benefits provided. Must have creditable references. Call 202-439-5196.

Classifieds

JOBS

HOTEL



Mandarin Oriental, Washington D.C. has been named the overall top-ranked hotel in the 26th annual 'The Top 100 Hotels of the World' survey, published in the November 2006 issue of Institutional Investor magazine. If you are interested in joining a winning team please consider the following opportunities:

Banquet Houseperson FT/PT
Bartenders
Server Asst. CityZen PT/PM
Line Cooks
Steward - FT
Spa Concierge
Spa Facilitator
Restaurant Host/Hostess
IRD Food Runner FT/PM
IRD Server AM/FT
Accounts Payable Clerk
Guest Service Agent
Event Concierge
Purchasing Agent
Licensed Engineer

Management Opportunities

Asst Financial Controller
Sales Manager
Senior Event Manager
L&D Manager- F&B
Asst Manager- Cafe MoZu
Chef de Cuisine
Garde Manger

Please apply either online at
www.mandarinoriental.com
or in person in our Human Resources Office
Tues/Weds/Fri at 1330 Maryland Ave, SW
EOE M/F/D/V Drug Free Work Place

Housekeeper — The Washington office of Morgan Lewis is currently seeking a Housekeeper to maintain, supply and clean: conference rooms, meeting areas or offices, designated coffee areas & pantries. Candidate must have a H.S. diploma & 2 yrs. work exper. as a Housekeeper. Banquet staff for hotel or meeting/conference facility exper. pref'd. Attention to detail, ability to prioritize multiple tasks, and ability to work under pressure a must. Please visit the career link of our website at:

www.morganlewis.com to apply online
Morgan, Lewis & Bockius LLP is an
Equal Opportunity Employer. M/F/V/D.

Human Resources



SECURIGUARD, INC.

RECRUITER

Come and put your Human Resources skills to work for a winning security company. **Recruiter.** Full life cycle recruiting for operational and support positions. Database mgt & admin support. Min 5 yrs HR exp, excellent communication, organizational & time mgmt. AA Req BA pref. Starting salary \$45K + benefits.
securiguardhr@aol.com

the freshest **styles**

Weekend Styles. Every Friday

XX264 1x1

WeekendPass makes the weekend noteworthy.

Every Thursday in Express.

X143b 1x.5

EDITOR



the ONION®

Want to write for The Onion?
(No, not the funny stuff.)

The A.V. Club is looking a talented, dedicated **City Editor** to work in our new Washington D.C. office. Candidates for this full-time, salaried position should have a broad base of knowledge about the cities and their happenings, from concerts to art events to restaurants, as well as a wide knowledge of music and pop culture. Duties will include launch, maintenance and expansion of our local section.

Send a resume and clips to Josh Modell at jmodell@theonion.com with Washington D.C. in the subject line. No phone calls please.

Equal Opportunity Employer

Inventory Takers

Join our local teams taking inventory in area retail stores.

NOW HIRING FOR BUSY JANUARY SEASON!!
\$9.00 per hour to start

- Paid training-Medical benefits available after 90 days-Flexible schedules- Regular performance based wage reviews- Must be 18, dependable, with reliable transportation and communication means.

Year-round positions available.
703/941-9883 for VA
301/918-3543 for DC & MD
www.rgisinv.com

RGIS

Equal Opportunity Employer

JANITOR

Cleaning grocery store floors. Eves, 4 days/wk. Gaith. & Rockv., MD \$10/hr 717-741-4800

LOCKSMITH

FT/PT. Will train. Retirees Welcome. Good driving record a must and must have good knowledge of NoVA Area. **703-930-3857**

Mailroom

On-Site Mailroom Specialist
(actual title desktop delivery specialist)

OfficeMax has IMMEDIATE NEED for an on-site receiving/mailroom spec. in the Wash. DC & No VA area. Internal delivery of office products. Ability to lift 60lbs.

Growth opportunity!
FT Opp. Benefits!
Apply online www.jobs.officemax.com
Questions Call 410-579-5313
EOE (M/F/D/V)

MAINTENANCE

Parking Management, Inc. has a great opportunity in the DC metropolitan area for a motivated self-starter to operate a ride-on power sweeper and pressure washer maintaining parking garages. Must have mechanical aptitude, valid drivers license, good communication skills, and ability to lift 50+ lbs. Hours 8 p.m. to 4 a.m., Monday through Friday. Competitive salary and benefits. Email resumes to:

gtadesse@pmi-parking.com
or FAX: 202-303-3676.
Include job code PW2007. EOE

Maintenance Supervisor IV

\$42,026 - \$67,280

Closing Date: 1/24/07

The MD Dept of Juvenile Services is seeking a F/T w/benefits a Maintenance Supervisor IV for the Cheltenham Youth Facility in PG Co. Must have completed the 8th grade & must have 9 yrs exp. in stationary engineering, maintenance or building construction trades including, 8 yrs of responsibility assigning, reviewing & approving the work of others and disciplining, evaluating the performance of & recommending the hiring, firing & promoting of others. Exp w/computer spreadsheets, word processing & database programs are ideal, but not req'd. Submit a MS100 application to Dept of Juvenile Services - OHR, One Center Plaza, 120 W. Fayette St., Balto., MD 21201. For detailed info & to download the MS100, go to

www.djs.state.md.us or
www.dbm.maryland.gov. EOE

WeekendPass. Noteworthy. Thursday.

MANAGEMENT—Dominion Enterprises has an immediate opening for a Circulation Manager for the Washington, DC/Maryland operation. We are the largest distributor of free publications in the United States. Ideal candidates would have route sales management experience but this is not mandatory. Full benefits incl. 401K, health, vision, dental and prescription card as well as paid vacation provided. Send resumes' to John at john.bianchi@traderdistribution.com Or fax to: 314-423-0715.

Marketing

Direct Marketing Analyst

MDG Inc seeks candidates w/ knowledge of Excel, analytical skills, ability to work in a fast-paced & deadline-driven environment & strong comm skills. Foreign language & direct mail exp a plus. Loc at Friendship Heights metro. Send resume w/salary reqs to mdg resumes@yahoo.com

play su | do | ku

MED FRONT DESK SUPERVISOR — McLean. Lkg for an exp'd Med Receipt w/great leadership skills. Med Mgr software pref'd. 3+ yrs Dr ofc exper req'd. 35-40K DOE. Fax MSA 703-921-3861.

MORTGAGE
LOAN OFFICERS

Lender hiring exper'd Loan Officers for great earnings opportunity in Tyson's Corner. Earn \$100K-\$300K with all inbound leads in a low-pressure, consultative sales environ. Full benefits. Email resume to: jobs@enifunding.com or fax to 800-677-1864

NANNY/HOUSEKEEPER—PT, Weekends, live-in. 301-538-3087.

NANNY/HOUSEKEEPER M-F. Must have refs, transport. Must speak English well & be legal. 703-281-0473.

readexpress.com

Weekend Styles. Every Friday

Marketing Research Data Analyst

Is researching and statistical analysis your passion?

If so, NEA's Member Benefits Corporation has an immediate opening for you! We are seeking an experienced professional to support our marketing research by using statistical techniques to analyze research data.

We are an employee focused company in Gaithersburg, MD committed to improving the lives of NEA members. An overriding issue that concerns most members is increasing their financial security and receiving good value on their hard-earned dollars. We leverage the Association's group purchasing power to provide members with high quality investment, insurance, credit, discount products/services. Learn more about NEA Member Benefits by exploring our Web Site at www.neamb.com.

The ideal candidate will have:

- A minimum of 4 years experience conducting marketing data research analysis using statistical tools such as SPSS, SAS and/or Excel. BS/BA in marketing, marketing research or business.
- Experience manipulating and matching data from various sources

Great Benefits!!

We offer a competitive starting salary and an exceptional benefits package that includes **employer paid** health insurance for the employee **and family**, dental insurance, long-term disability, life insurance, tuition assistance, 401K with match and generous leave: **17 vacation days, 14 sick days, and 3 personal days.**

For immediate consideration, please send a cover letter with **salary requirements** and current resume to NEA Member Benefits, Attn: LED-WP 900 Clopper Rd., Suite 300, Gaithersburg, MD 20878 or FAX (301) 527-8211 or email Resumes@neamb.com.

Use only one method to reply once.

MINORITIES ARE ENCOURAGED TO APPLY

NO PHONE CALLS PLEASE

EEO/AA

Research + Real Estate + Training + Growth = Opportunity!
Join CoStar today!



NOW HIRING!

Visit our website and submit your resume **TODAY.**

We are the leading provider of information services to the Commercial Real Estate industry and are consistently named among the "500 Fastest Growing Technology Companies" by *Deloitte & Touche*. The most exciting expansion continues in our Research Division, where we are hiring **Research professionals** in BETHESDA and COLUMBIA as well as our new facility in WHITE MARSH.

RESEARCH ASSOCIATES

****\$34,000 starting salary plus incentives****

You like digging. Finding and gathering data. Being on the net and on the phone. You communicate well with clients. You want to become a respected commercial real estate information expert.

RESEARCH MANAGERS

You are confident, with excellent staff management and leadership skills. You are adept at building client relationships. You can also manage data-driven top quality assurance, and serve as the main contact for major clients. And you have proven Microsoft Office skills.

We offer a competitive base salary with incentive opportunities, comprehensive medical/dental, 401(k) with company match, paid training, free parking or Metro Check and more.

Visit our Online Career Center TODAY to learn more and submit your resume:

www.costar.com/careers

Equal Opportunity Employer m/f/d/v.
Drug-free workplace.



Real Estate Information

Nursing

URGENT!

LPNs and Nurse Practitioners
Needed for Quantico, VA
Call Donna @ 866.389.5033

Gastro and NICU RNs
MRI/Radiology Technicians
Needed for Bethesda, MD

OMV Medical, Inc.
301.270.9212
bethr@omvmedical.com

Paralegal/Legal Assistant

Silver Spring. Crim/Const'l litig. Requires prior successful law firm trial experience. Great pay (up to \$60k), bens, bonuses & raises DOE. Reasonable overtime may be needed. Enjoyable, fast-paced, demanding & rewarding workplace.
Fax 301-495-8815.
markskatz.com

Parking

Location Managers

Excellent career opportunities with Parking Management, Inc. (PMI) for energetic, self-motivated, hands-on location managers to manage busy parking facilities. Responsibilities include on-site operations, training, supervision, leadership and motivation of staff. Ideal candidates will exhibit prior parking experience to include knowledge of automated revenue control equipment, systems, special events, valet and self-park operations. Quality benefits and work environment! Resumes to hr@pmi-parking.com or FAX 202-303-3676. Include job code LM2007. EOE.

Part-Time Box Office Asst

Flex sched, must accomodate eve. hr & weekend hrs. 25-30 hrs/wk. Need organized, detail-oriented individual to answer phone and process box office ticket sales. BA desirable w/1 yr admin exp pref'd in box office or theatre. Knowl. of Word, Excel and ProVenue Ticketing software helpful. \$11-\$11.50/hr. Send cvr ltr and resume to FSL, Attn. HR/PT Box, 201 E. Capitol St. SE, Wash, DC 20003-1004, jobs@folger.edu or visit our website at www.folger.edu. No phone calls please. EOE.

Photographer (School)

Lifetouch National School Studio, the nation's leader in school photography, is now hiring seasonal school photographers. Work FT hours, Sept-Nov and Feb-May. Have summers and winter break off. We will train and provide equipment. Must have reliable transportation and the ability to make kids smile. Call 703-968-6443 ext. 33.

RECEPT/KENNEL HELP

PT/FT. Must love animals. Rockville. 301-738-8750

RECEPTIONIST (Bilingual)

FT Hispanic org. in Alex., VA. Must be fluent in Spanish, able to multi-task, punctual & good with people. Fax resume to 703-739-6799.

RECEPTIONIST CLERK

Bilingual, experienced FT, Laurel area. Phone, scheduling, filing, data entry. Dependability & punctuality a must. 202-667-8701.

RECEPTIONIST

Successful Bethesda law firm seeks full-time Receptionist to handle busy front desk and other administrative duties. Great opportunity to work in a fun and fast-paced environment with a terrific team of professionals. Excellent opportunity for growth and promotion. Great salary and benefits. Professional appearance and phone manner are required. Knowledge of MS word preferred. Please fax resume and cover letter in confidence to 301-634-1352.

RESTAURANT MGRS/CHEFS

For growing rest. DC/MD/VA. \$35-\$85K. 800-351-7557

Fax resumes:
(817) 461-7019; email:
employment@firstcash.com
Or come by our **JOB FAIR** on
Mon., Jan. 15 from 11am-5pm at
4615 Silver Hill Rd, Suitland, MD.

Retail Sales

JOB FAIR
PAWNBROKERS

Famous Pawnbrokers seeks Pawnbrokers for several of our PG County pawn stores. Retail and/or sales experience a plus.

Fax resumes:
(817) 461-7019; email:
employment@firstcash.com
Or come by our **JOB FAIR** on
Mon., Jan. 15 from 11am-5pm at
4615 Silver Hill Rd, Suitland, MD.

Classifieds

JOBS

Receptionist/JR Secretary-Bilingual
Silver Spring law firm. Requires full Spanish-English fluency, significant admin experience, smarts & productivity. Top pay (up to \$16/hr. to start), full bens, competitive raises & enjoyable workplace. Fax 301-495-8815. markskatz.com

Restaurant
DENNY'S restaurant DC location is seeking a Kitchen Manager for immed. employment. 2+ yrs prior exper. in high-volume concepts required. Hands-on approach. Sanitation and high-volume efficiency. 40-50 hrs/wk. Salary negot. Please fax resume to 202-399-7526 Attn: General Manager.

Restaurant

Food Service

Steward/Utility position in NW DC, upscale day school. Exc. sched., pay and environment. 1-2 yrs exp. in food svc required. Please contact Manager (Adam) at 202-537-6514, fax 202-537-5284.

Restaurant

Old Dominion Brewhouse now open. Immediate job for exp. **Servers & Bartenders**. DC Convention Center, 9th St. NW. 202-285-7711 or 703-898-4438.

RETAIL SALES

F/T Sales Assoc. needed for growing PC store in Northern VA. Contact Leslie @ 703-821-1400.

Sales

The Washington Post

Account Manager
Technology
Advertising

Outside sales opportunity! Seeking a self-starter with a track record of success in sales and account management. Requires superior strategic selling skills including ability to identify emerging trends, prospect for new business, and develop excellent client relationships. MBA preferred. Experience selling technology and/or telecommunications accounts a plus. Excellent communication, and in-person presentation skills required. Travel up to 50%. For more information: www.washingtonjobs.com. Send resume to: Talentsearch@washpost.com Attn: TechPOST/JT We are committed to diversity & promote a drug-free environment.

Sales

Client Service
Coordinator

The Washington Post

Tremendous growth opportunity for candidate willing to work hard, learn new skills and become an important part of a dynamic editorial and sales operation. The Washington Post Writers Group www.postwritersgroup.com, the syndication arm of The Washington Post, seeks a team player with exceptional phone and organizational skills, and experience with Excel, Adobe Photoshop and QuarkXpress to handle customer service and provide sales and administrative support for a 4-person sales team. For more info: www.washingtonjobs.com. Send a cover letter, resume and salary requirement to TalentSearch@washpost.com, Subject line: WGPOST/JT

SECURITY OFFICER

Needed for DC area. Must be bilingual English & Spanish. High School diploma. Some experience helpful. Wkend shifts only. Call (703) 931-1000

SECURITY OFFICER

50 Immediate Openings!
Washington Convention Center

- All Shifts
- Weekly Pay
- No experience necessary.

Also positions in NoVA and MD. Apply 9AM to 5PM, CES Security, 8555 16th Street, Suite 100, Silver Spring, MD. 301-608-8264

SALES REP

Access Worldwide has immediate Full-Time positions available for Professional Tele-Sales Representatives.

Start a new career for the New Year!

- Previous B2B sales exp w/proven track record.
- Excellent negotiation and closing techniques.
- Prior Telco Industry, Sales, Telemarketing or CSR experience a plus.
- PC Literacy (Excel/Word/Outlook req'd)
- Must type 25+ WPM
- Weekday schedule, Monday - Thursday 8am-5:30pm, Friday 8-12noon
- Paid Training \$10.00 Base salary after \$13.00
- Medical, Dental, Vision, and Prescription Benefits

Apply in person:

PG Plaza Metro
6505 Belcrest Rd. Suite- 100
Hyattsville, MD 20782

Rosslyn Metro
1820 N. Fort Myers Drive Suite-300
Arlington, VA 22209

Call: 571-438-6555

Fax: 866-589-7312

E-Mail: recruitment.cs@accesswww.com

TEACHERS (ASSISTANT)

Infants & Toddlers, FT & PT positions. Private child dev. ctr. in Alexandria. Very competitive salary, health & dental insur., paid vac., sick & training. Small class sizes & great ratio. REQ: Min. CDA or AA in ECE + 2 yrs. ctr. exp. FAX resume: 703-683-3321

CAREER TRAINING AND
EMPLOYMENT SERVICES

Security

METRO ONE LOSS
PREVENTION SERVICES
GROUP

Open House Interviews
Tuesday, Wednesday & Thursday
10:00 a.m. - 4:00 p.m.

3000 Connecticut Avenue, NW
Suite 104, Washington, DC 20008

Must have a clean record and pass drug test.
Security license a plus.

For more information, please call
1-888-370-6778.

SECURITY — Wanted for Gentleman's Club (PG County). Mature. Own transportation. Please leave message w/ your contact info. 240-286-3660; or apply in person after 10pm (directions at above phone#)

Teacher — to work FT with 3 & 4 yr olds. Knowledge with lesson plan - field trip planning- conf & curriculum a must. 10 children with 2 staff. ECE and/or CDA. EOE. Email resume: chevychasekh@aol.com

VET RECEPTIONIST—FT/PT for busy small animal practice in Upper Marlboro, MD. Must have vet. hosp. exper. Fax resume: 301-574-3777

VETERINARY TECHNICIAN

PT or FT for busy referral hosp. in So. MD. Exper. req'd. Fax 301-855-9106. www.vetmash.com

CAREER TRAINING AND
EMPLOYMENT SERVICESMEDICAL ASSISTANT
OFFICE ADMINISTRATION

MEDICAL ASSISTANT

- Medical Office Procedures
- Laboratory Procedures
- Medical Terminology
- Medical Billing
- Assisting with Surgeries and more!

OFFICE ADMINISTRATION

- Windows/Word/Access
- Excel/Powerpoint/Web Design and more!

Financial Aid For
Those Who Qualify
Job Placement
Included



Receive A
Computer At
Graduation!*

*Desktop or Laptop.
Call for more details.
Offer expires 12-31-2007.

Day & Evening Classes
above Farragut North Metro.

Get "Skills to Pay the Bills"

202.223.3500
1001 Connecticut Ave., Suite 435
Conn. & K

START THE
NEW YEAR SMART!

Find out how you can
train for an exciting,
in-demand career!

Offering:

- Massage Therapy
- Medical Assistant
- Medical Billing & Coding
- Surgical Technologist
- Computer Networking & Security

Join us for our
OPEN HOUSE
Jan. 10th
at 6 pm - 8 pm!
Call for details and to
RSVP!

CALL
NOW: **1-866-690-4093**

www.bannercollege.edu



**BANNER
COLLEGE**

2300 Wilson Boulevard, Suite 600 • Arlington, VA 22201

Financial Aid for Those Who Qualify • Graduate Placement Assistance • Approved for VA Benefits

CAREER TRAINING AND
EMPLOYMENT SERVICES

Earn a Degree
**HEALTH
INFOTECH**

Sanj
since 1939

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Assistance

1(888)407-8222

Program and Schedule May Vary by Campus

WeekendPass. Noteworthy. Thursday.

A Bar Career

In 1-2 Weeks

- Days, Evenings & Weekend Classes
 - Free Lifetime Job Placement Assistance
 - Approved by the State of MD
 - National Alcohol Awareness Certificate (T.I.P.S.)
- Call for nearest location 1-866-411-2MIX
www.authenticbartending.com

Become a
Certified
Computer Tech
in just 8 weeks

Career Blazers
Learning Center
(888) 639-6244

Train to be a
NURSING ASSISTANT
Americare
(301) 933- 4660

GET THE SKILLS EMPLOYERS
WANT IN AS LITTLE AS
6 MONTHS!

Medical Office Assistant

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor



Office Administration

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable

* Financial Aid Available If Qualified * Placement Assistance Available

**Career Blazers
LEARNING CENTER**

888-639-8766
2131 K St. NW
Btw. 21st & 22nd St.

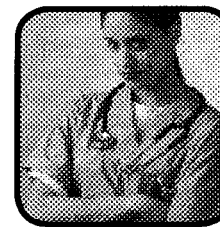
Three Steps Toward a Better Future!



1. PLAN



2. LEARN



3. DEVELOP

THE ACT COLLEGE SUCCESS PLAN™ HAS HELPED THOUSANDS
JUST LIKE YOU TRAIN FOR REWARDING CAREERS IN ALLIED HEALTH.

Call Now: **866-970-8484**
www.actcollege.edu

Medical • Dental • Pharmacy • Allied Health Technology
Degree & Diploma Programs • Day & Evening Classes
Arlington • Alexandria • Manassas



- FINANCIAL AID FOR THOSE WHO QUALIFY
- PROGRAMS VARY BY CAMPUS
- JOB PLACEMENT ASSISTANCE
- ACCREDITED BY ABHES
- GED & LIFE SKILLS COURSES INCLUDED

NOW ACCEPTING STUDENTS WITHOUT A
GED OR HIGH SCHOOL DIPLOMA

CAREER TRAINING AND
EMPLOYMENT SERVICES**MASSAGE
THERAPIST**
Hands-On TrainingDay and Evening Classes
Job Placement Assistance
Financial Aid if you qualify**Americare**
1(877) 240-4488

a Caring Career

**MEDICAL
ASSISTANT***Sanz*
since 1939

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Assistance
- ✓ Days, Evenings and now Weekends too!

3 Convenient Locations
DC MD VA
1(888) 407-8222**Prepare for a new life!**Make a difference,
even with the little ones
as an Ultrasound Technician.
Train in less time than you think!
Career services available
Financial Aid for those who qualify.
Training includes an externship!**For a Brochure,
call now! 888-771-2433**
Sanford-Brown Institute
8401 Corporate Dr. Ste 500
Landover, MD 20785**TRAIN TO BECOME A
MEDICAL ASSISTANT
IN LESS TIME THAN
YOU THINK**

Three locations to choose from!

Everest College Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203Everest College Tysons Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102Everest Institute Silver Spring Campus
8757 Georgia Avenue
Silver Spring, MD 20910**CALL: 866-255-6621**
Adkey NPEX627G**TRAIN FOR A CAREER IN
CRIMINAL JUSTICE AT
EVEREST COLLEGE**No high school diploma or GED?
We have options!Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203**CALL: 866-698-9973**
Adkey NPEX625G**WeekendPass makes the
weekend artful.**
Every Thursday in Express.

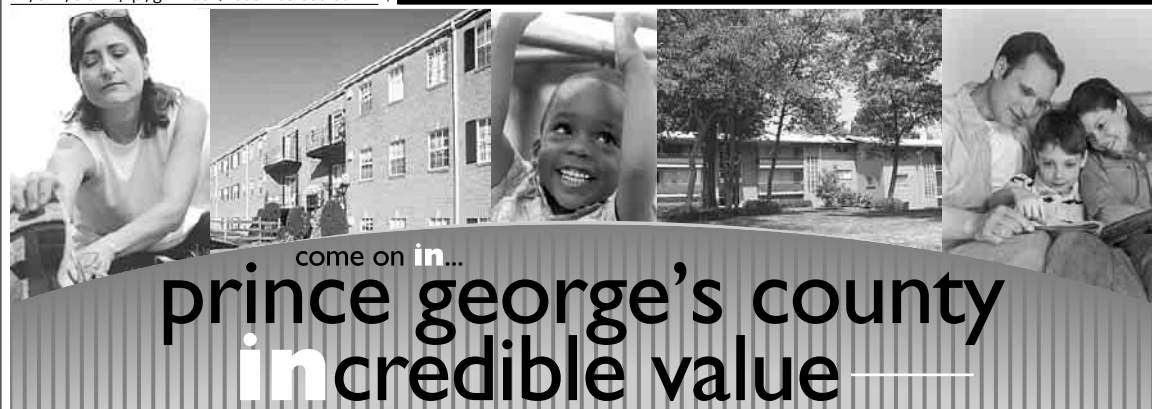
X1431x5

**TRAIN FOR A CAREER IN
HOMELAND SECURITY
AT EVEREST COLLEGE**

Graduate in less time than you think!

Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203**CALL: 866-300-9344**
Adkey NPEX625E**TRAIN FOR A CAREER IN
MASSAGE THERAPY AT
EVEREST COLLEGE**You will receive a solid base of knowl-
edge through instruction and
hands-on training that can get you
started in this exciting field.Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102**CALL: 888-425-7099**
Adkey NPEX626F**BUSINESS AND
FINANCIAL OPPORTUNITIES****DENTAL PRACTICE FOR SALE**—Fairfax, VA. Excel.
oppty. \$1,000,000+. The McNor Group,
888 273-1014, ext. 103; johnf@mcnogroup.com**PERSONAL LOANS NO CREDIT CHECK**Borrow \$300-\$1500. Fast approvals.
www.firstcashexpress.com.
info@firstcashexpress.com. **1-866-337-2538****USED CAR LOTS**—Silver Spring, MD. Partner or
Used Car Mgr. \$1 mil or sell business \$2 mil. 10 yrs
lease; Also next to Friendship Hts Metro, D.C. seeks
investor 301-585-5499**STUFF****8 Piece Cherry (new in box) sleighbed set worth**
\$1100 ask \$575 **301-343-8630****BED \$145 Qn Double pillowtop mattress set new in**
plastic Can deliver **301-399-7870****BED \$245 Double pillowtop king mattress set.**
New in plastic. Can deliver. **301-343-8630****CAR BED (child's)**—Unique custom solid wood, full
size, \$2000/obo. Call 301-907-8950.**COUCH/LOVESEAT** stain resistant. microfiber.
New in boxes **\$450 301-343-8630****Dining Room- Cherry, 9pcs w/lighted china cabi-**
net & server. Brand New in boxes. **\$875.**
301-440-7590**GRANITE SALE
CLEAN OUT THE WAREHOUSE**\$5-\$32 per sq ft. Sat, Jan 27. Beautiful color selec-
tion. Kitchens, Baths, Basements. **301-627-7630****MATTRESS SALE**—Ige selec tion, all szs in plastic.
\$80-\$280/Basic. Serta & Simmons. Make off Credit
cards accepted. Warr. DC/MD/VA Same Day Delivery
avl. A.J. 301-674-2843 www.mattress4less.biz**PIANO**—Stinet Henry F. Miller. Walnut finish. \$650/
obo. 703-299-5193**REAL VEGAS SLOT MACHINES**—Working. Assrt.
Games and styles. \$500 per. VA Res. req'd. e-photos
avail. 301-919-7653.**WASHER/DRYER**—2 pcs, Side by Side or Stacked.
Fridge. Range stv. Like New. 703-930-8238**TICKETS****ALL EVENTS****301-985-6250**
Buy Secure Online
www.greatseats.com**PETS****ADOPT A CAT/KITTEN**—Vet checked. Call Feline
Foundation. **www.ffgw.org****703-920-8665**
BASSET HOUND PUPS—AKC,
parents on premises, Vet checked, Family raised.
\$400. Call 540-778-5658**BORDER COLLIE REG (10) PUPS**—Quality lines &
temp. rare, grey/silv, merles, Ready 1/7/07. Can
email pics, info 540-905-9482**COMPANIONS PET STORE MOVING!**
All merch, livestock, grooming kennels & fixtures:
30-70% off! 1626 U. St. NW. 202-797-3663.**ENGLISH SETTER PUPPIES**—Great family pets,
easy & sweet, good w/children, boys & girls, Reds &
Blacks, vet checked & shots, family raised, \$550.
Parents on site. 301-391-6683**LABRADOR**—12-wks, AKC, Choc, M/F, Blocky/
Stocky, NOT hyper. Shots/V, Microchip, hlth guar.
Home-raised. Well socialized. Photos avail. \$500.
540-377-9522, 540-255-1447. Ginger**readexpress.com****RENTALS****AAFB/CAMP SPRINGS**—Selection of 1 & 2+ BRs,
furnished/unfurnished, short & long term from
\$725/mo w/good credit. 301-449-3627**ADAMS MORGAN/16th & Florida Ave**
2BR 2.5 BA TH, CAC, W/D, sunrm, screened in porch,
skylts, carpet, secur sys, \$2800/mo incl parking.
202-531-3969**ADAMS MORGAN**—2BR w/den, high ceilings, bay
wndw, w/w crpt, kit w/SS, granite cntrops, w/d,
d/w, within easy walking dist to U St Metro, Dup Cir
& Logan Cir. pets ok. \$1900/mo. 202-265-7456.**ALEXANDRIA, VA** **EHO**

- Walk to Schools, shopping, and Huntington Metro
- Floor to ceiling windows
- Walk-in Closets
- Balconies or Patios

877-317-0279
6300 South Kings Hwy**Alexandria**—READY NOW! Reno. 2 Level TH/
CONDO, SHUTTLE TO METRO! 2 br/1.5ba, water, gas
incl, \$1590.00, 703-851-5466**ALEXANDRIA**—Gated Community. 3BR, 2BA
Condo. All utils incld. \$2,095. ORLEA, 703-609-5868**Alexandria** **EHO****Southern Towers**
Convenience, Comfort & Magnificent Views!
1 Month Free on Efficiencies!**Effics fr \$795** **1BR from \$980**
2BR from \$1275 **3BR from \$1575****703-485-4154**
4901 Seminary Rd**Alexandria**—Close to Landmark 1Bd/1Ba Apt. Avail
01/16 \$1175+dep, all utilities included.
703-626-7246.**ALEX/Old Town/1 Blk off River**—2BR 1BA w/pkg.
Furn'd \$2000/mo. Unfurn'd \$1650/mo.
904-868-1266**ALEX/Braddock & 236**—End unit, bright, 3 lvl.
TH, 3BR, 3.5 BA, fpl, gar. Bus. \$2500. 703-380-6672.


come on in...

prince george's county

in credible value

LaurelHuge closets
Floor-to-ceiling
windows
6-, 9-, 12-month &
corporate leases available
Pets welcome to 20 lbs
5% student & military discount**Laurel Pines**
1.888.637.7730**14601 Bowie Road**
Laurel, MD**Langley Park**Near U-MD
and PG Plaza
Eat-in kitchens
Carpeting or
hardwood floors
Balcony/patio

Se habla Español

Villas At Langley
1.866.896.5686**8100 15th Avenue, #102**
Hyattsville, MD**Oxon Hill**Free gas & electric
Near Southern Ave
Metro
Spacious floorplans
Pet friendly
community!

Housing choice voucher accepted

Forest Hills
1.866.394.2064**1439 Southern Avenue**
Oxon Hill, MD**Temple Hills**Washer/dryer
in each apartment
Convenient
to Metro
Wall-to-wall
carpet
Pet friendly**Princeton Estates**
1.866.394.2034**4637 Dallas Place**
Temple Hills, MD**Hyattsville**Free gas, electric, water
2 blocks to West
Hyattsville Metro**1 BRs from \$891**
2 BRs from \$1035
\$300 off first month rent*Teachers, seniors,
police, military &
student discounts
Cats welcome

*Restrictions apply

Hamilton Manor
1.888.281.3024**3342 Lancer Drive**
Hyattsville, MD**Hyattsville**All utilities included **Spacious &**
Ample closet space **affordable**
Eat-in kitchen **1 & 2 BRs**
Wall-to-wall carpet**Edmonton Station**
1.866.884.6722**5360 Quincy Place**
Hyattsville, MD**Brentwood**On-site Metrobus **\$400 Off**
Laundry Care **1st Month***
Center
Eat-in kitchen
Great Location!

*move by 1/20/07

Finchley Square
1.866.557.6399**4008 38th St.**
Brentwood, MD**inquire today at www.sawyerapts.com****SAWYER**
REALTY HOLDINGS LLC

Classifieds

RENTALS

ALEXANDRIA
AFFORDABLE LUXURY!
1BRs fr \$965 2BR fr \$1140
3BR from \$1415
WASHINGTON SQUARE
1-877-437-2395

Alexandria City/Rt 1
Highrise, Garden Apts & Twnhms
Numerous Amenities!
Move-in by 2/1/07
***\$275 Move-in Credit**
**** 2BR, \$100 of per month**
**Carydale East 703-751-7576
**Carydale Village 703-780-6244
**Holly Court 703-765-7039
**Rolling Hills 703-780-0161
**Washington Ave 703-765-7039
www.carydale.com

Alexandria	The Summit
1 MONTH FREE! 1, 2, & 3BRs from \$1399 Upgraded interiors&townhomes available Call 1-888-787-9969 www.thesummitapts.net	

ANACOSTIA—4BR row house, 1-BA, a/c, hwd flrs, W/D, carport, avl. immed. \$1600/mo. + utils. 540-854-0472

ANNADALE The Parliments Right off the Beltway! • Rents from \$980 incn utils • Park-like setting • Wall-to-wall carpet • Enourmous Balconies • Huge living rooms • Minutes to metro	EHO 777-316-6297
---	-----------------------------------

Annandale—\$800, 1/2 utl, near fairfax hospital, 2 br, 3 1/2ba, TH share w/one person 571-232-4939
ARL/BALLSTON/ALTAVISTA— Fully furn'd Executive suite. Steps to Metro. Price incl: phone, cable, utli, maid, elec, DSL, gym, 24hr desk. Minimum 6 mo lease. N/S, no pets. \$2100. Call 703-629-5368

ARL/COLONIAL VILLAGE/ROSSLYN METRO 2 BLKS — Newly renov/decorated, furn. Effic. \$1,075 incld utils. 703-403-1494/354-3245	EHO
---	------------

ARL N—1 & 2 BR , \$1075-\$1425. All utlis incl. Walking dist. to Metro/shopg, 2 mi. to Key Bridge. Call 703-527-1991 www.fortstrong.com	EHO
ARLINGTON POTOMAC TOWERS Conv to Key Bridge, easy access to Rt 66 & GW Pkwy, 3 blks to Courthouse Metro. Free on-site prkg *Studios fr \$1085 *1BR fr. \$1310 *2BR from \$1625 All Utilities Incl *Starting Prices Arlington Shirlington House Studios from \$955 1BR from \$1150 2BR from \$1460 • Convenience store & Valet on-site • Huge floor plans • Garage parking • 24-hr front desk w/control. access 866-504-9499 Prof. Managed by VA Management	EHO

Arlington/Rosslyn On-Site Parking, Walk Metro Upgraded Apts, 1&2BRs 703-671-4045 or 703-861-7605 www.carydale.com	Several Locations
---	--------------------------

Arlington's Finest at a fraction of the cost! 1BR from \$799, 2BR FR \$1099 Spacious interiors, Hdwd floors, Cent AC STRATFORD TOWERS 955 S Columbus St, Arlington VA 22204 703-671-4990

Arlington Move-in and receive a FREE ipod! Rents starting at \$930 Spac flrplans & great amenities. Call today! 1-877-863-1984 www.windsortowers.net	Windsor Towers
--	-----------------------

BETH/Grosvenor—Lux hi rise 2BR, 2BA, indr prkg, all amens, 24 hr security at Metro, \$2200 301-943-5775

BETHESDA/NIH/YMCA—Newly renov., cozy 3-BR 2BA SFH, new kit., granite counters, sep. DR, fin. bsmt., HW flr, nr Metro/shops/parks+ more. Avail now, \$2850. 301-320-0770; 301-980-2990

Bethesda—Parkside. Large 2 BR/1 BA Condo. Walk to metro. \$1450/mo. utli. incl. call 703-243-8373.

BLADENSBURG - LARGE 2BR Apts 1ST MONTH FREE FOR GOOD CREDIT AC, Lg closets. incl utl. From \$910. 202-362-5919 301-460-7707
--

BLADENSBURG - LARGE 2BR Apts 1ST MONTH FREE FOR GOOD CREDIT AC, Lg closets. incl utl. From \$910. 202-362-5919 301-460-7707
--

BOWIE/Fairwood—'06 New Lux. 3BR, 4BA gar TH. \$2500. 240-593-0857

BOWIE—Marble front 3BR, 2½BA TH, Section 8 welcome, \$1800. 240-533-5534

BOWIE—Rent to own. 3BR, 3 lvi, 2 BA TH. \$1800/mo. \$7K dep. Call 703 562-1815, Keller Williams Realty.

BRANDWINE — House & rooms for rent, avail immed. Call Mark, 301-613-0632

BRENTWOOD,MD—Lg 1BR 1BA. \$750 incl uts No pets. 301-925-0002

BURKETH —\$1950. 3BR;
ASHBURN SFH — 5BR, \$2400.
571-212-1855

CAP HILL/Union Stat—Bright 1BR Eng Bsmt w/ CAC, D/W, W/D, big clst. \$1200+utils. Open 12-3p Sat&Sun. 611B 4th St. NE (20002). 703-309-4621.

CAP HTS—3BR detached SFH for rent. Call Dwayne, 202-528-6533301-520-7103

Capital Heights—\$1800, 4746 rollingdale way, Townhome, 4 br, 3 ba, 1 1/2ba, dw, ww carpet, new carpet, wd, 2024983048

Capital Heights—\$1500 + util, Single Family House, 3 br, 1 ba, dw, ww carpet, wd, quiet neighborhood, walk to metro 301-275-1671

Capital Heights—\$160.00 a week, Room for rent, 202-437-9428

Capitol Heights New Kitchens, Baths, Appliances Off Street Parking, Central H/A 1BR from \$705 2BR from \$810 Lexington Court Apts Capitol Heights, MD	NEAR METRO 866-702-5052 EHO
---	--

OPEN HOUSE JANUARY 12 & 13 9am-5pm MOVE IN NOW and PAY NO RENT UNTIL 1/20/07 1 & 2 bedrooms from \$899 ALL UTILITIES INCLUDED 301-773-6462
--

Capitol Hill, 501 12th Street NE
Restored 25 unit historic apt building. 2BR - \$1,695.00 plus utlis, 1BR - \$1,195.00 plus utlis, new gourmet kitchens with maple cabinets, microwave, dishwasher, refinished wood floors, on site laundry,
www.novodev.com, 202-315-1103

CENTREV— 3BR, 3½BA 3 lvi TH. w-o bsmt, lg country kit. deck. N/P. \$1600 **703-709-8179**

CLEVELAND PK— Nice furn'd Effic. inclds utlis/ gym, 1 blk from Metro. nr Everything \$1450/mo \$71-594-1444

CLINTON—Renovated rambler, 3BR, 3BA, lg yard, nr Metro, D.C., & AAFB. 240-401-3037

COLLEGE PARK UNIVERSITY GARDENS Great for Students! • HUGE BALCONIES • Spacious closets • 2 swimming pools • Shuttle bus to UMD in community • Small pets okay!	EHO 877-316-6285 1801 Jasmin Terr, Adelphi
--	--

Columbia Heights, NW RENOVATED APARTMENTS Community 4 blocks from Columbia Heights Metro, under renovation has limited number of newly finished apartments for occupancy with income limitations. Please contact Carolyn @ 202-289-4611. CIH Properties, Inc. EHO	EHO
---	------------

CONGRESS HGTS — 4BR apt, sec 8 OK. Newly renov. CAC. 4250 6th SE. Call Thomas 202-744-9872 DENIED AN APT DUE TO CREDIT? MD, DC, VA 301-577-5705 www.secondavenueonline.com	EHO
--	------------

DIST HGTS —3BR, 1.5 BA condo, renov., carpet, paint, appls., pool. Sec. 8. MBQ ok. \$1400/mo. 301-641-6546	EHO
---	------------

DUP CIR—Sunny, art-filled studio. 24hr desk, \$1950 202-462-0744

ECKINGTON—2BR apt avail. immed., new w-w, renovated, cac, w/d, bkdy. \$1275. Doug 202-607-3684

FAIRFAX/CENTREVILLE—2R, 1BA, spacious, \$1-, 500, utlis incl. 703-863-0989

FAIRFAX/Penderbrook—Stunning 2-3BR, 3.5BA TH. All amenities incl pools, exercise rm, tennis cts, etc. \$1650. Avl now. 703-549-4207

FALLS CH—1BR apt, flr, W/D, \$975. 703-849-8238

FALLS CHURCH Monticello Gardens Apartments 1BR from \$1010 2BR from \$1300 All utilities incl. No Security Dep. Conv to shopping & transportation. 2 pools, 5 playgrounds. Cats Accepted. 703-573-1020 (updated #)	EHO
--	------------

FORESTVILLE 1BR from \$630 2BR from \$720 3BR from \$955 Near Bus/Metro/Shopping Student/Military Discounts PARK BERKSHIRE 6311 Pennsylvania Ave 1-877-227-2890	EHO
--	------------

Foxhall—\$3400, newly ren Foxhall/GEORGETOWN Area Home 4 rent, 3 br, 1+1/2ba, 2 flrs, Pkg, w/d, dw, patio, hw flrs, fp - 1417 Foxhall Rd NW - 202.716-9200

GAITH—2BR, 2BA, 1200 sf. Pvt entr, pkg. Annex to home, \$1500/mo. near Metro, MARC, & 270. Serious inquiries only. 240-355-1039.

GAITHERSBURG—Come Fix Me Up. 3BR, 2½BA TH, \$35K built-in equity. **Rent To Own.** \$1400 mo. Call 301-213-7246 or visit us at www.renting-sucks.com

Gaithersburg—near Rio center, Luxury Townhome, 3 br, 3.5ba, 2 Car gar, 4 levels, hardwood flrs, whirlpool tub, \$2200 mo, 301-466-9301

GERMANTWN—Enjoy Lake, 2BR, 2BA full fin bsmt, \$1550. 301-674-1192

GREENBELT — 2BR, 2BA lux Condo. W/D, pvt prkg, \$1500. Avail immed. Call 301-203-1009

HERNDON/WORLDGATE—Lux. 2BR, 2 BA condo w/gas flp, pvt. terrace, w-w, w/d. Wlk. to Worldgate! Neutral decor in secure bldg w/res. indrv. pkg. spot. \$1395/mo. 703-967-2111

HILLCREST HGTS—Big House! \$1800/mo. Beaut 4BR, 2.5BA, split foyer, Sep DR, Fam rm in fin lwr lvl. Ready Now! Sec 8 wel. Call Doug, 301-938-8354

Hyattsville—357 Hillside Terr., TH, 3 br, 1-1/2 ba, dw, deck, fin bsmt, ww carpet, wd, \$1600, Sect 8 OK, 202-746-6853.

Hyattsville—4 br, 2.5 ba, W/D, gd cmtr loc. \$2400.00 301-503-5162

HYATTSVILLE—5BR 2BA SFH, \$1700
FT WASH— 2BR 2BA condo, \$1450 w/opt. New carpet & paint. Call 301-552-4460

HYATTSVILLE — **Contractor Needs Out. MUST SELL! Willing To Rent To Own** several homes in P.G. & Montg Co. Call for details 301-213-7246 or visit us at www.renting-sucks.com

HYATTSVILLE WINTER BLOWOUT!! Instant Approvals *Security Deposit Based on Credit 5% Gov't, County, & Sr. Citizen Discount • Nr Metro, shpng & restaurants QUEENSTOWN APARTMENTS 1-877-278-3509 Mon-Fri 9-7, Sa 9-5, Su 10-5 *Restrictions Apply	EHO
---	------------

1BR \$885 2BR \$985 3BR \$1320 Electric Included Near Wash. Hospital Ctr, UofMaryland, & PG Plaza Parquet Floors, Roomy Floorplans QUEENS PARK PLAZA 2500 Queens Chapel Rd 1-877-699-0295

INDIAN HEAD—3BR, 1.5BA end-unit TH. Fncl-d in back yard. \$1,600/mo. 301-602-3470.

KALORAMA - Fabulous Penthouse \$2950 Mo - Unchanged for 6 Years Spectacular City & Monument views from this Sunny 2 lvi Condo in small boutique historic house. High cells, Bay windows, Liv rm w/Balc & Fpl, sep Din rm., huge MBR & skylgts, CAC, tons of closets, W/D. Den/Ofc/2nd BR. 5 mins to Metro & shops. \$2950 mo. (incl catv), sec dep & refs reqd. Call 202-680-4948

KENSINGTON/Garrett Pk—Bsmt apt., 2BR, kit, FB, pvt entr., lge view bsmt. All utlis avail. Wlkg dist to Metro, Rte 355. \$750. Contact 301-962-4144.

Lake Ridge—Large quiet 3-lvi TH (2000sf). 3BR, 2FB, 2HB. Upd kit/ba. Fin full bsmt W/O. FP. Deck. Great storage. WD. New carp/pnt. Pools, parks. NS. \$1550. 703-549-9395

LANDMARK—Sunny 2BR 2BA lux condo w/master BA. California open kit. Fp, balc, W/D, D/W. Fresh paint. Nr Metro/395/shops. \$1800 + sec dep. 646-387-6023

LANDOVER 1829 Belle Haven Dr Landover's Finest Call about Pricing on 1,2 & 3BRs Renovated Apts. Breakfast bars, w/w carpet, after-school program. Metro access. Shopping center. ADA access. Free prvt storage. Near Sports Complex/FedEx Field. 301-579-5455	EHO
---	------------

LANDOVER—1BR w/BA. Nr metro. Sec dep required. Serious inquiries only. \$575 incl utls. 301-352-5605.

LANHAM—\$2600
Beaut. 5BR 2 full BA. w/d. 2 car gar. plenty of yard. Call 301-839-2275

LANHAM—Beaut. rambl. gar, just renov, loc in secl nghd 3+ BR's, 2 cust BA's w/jacuzzi tub, & huge FR for entertaining. \$1900/mo. RENT W/OPT to BUY. Must have good rental history. 240-464-1983

LANHAM/Bowie/Ft Washington—Lux rooms at discount prices. \$125+/week & 1 BR \$850+/month. Utis inclu + Cable, washer/dryer. Call Tammey 301-661-6252 or 301-646-8626.

LANHAM—Gorgeous, affordable house for rent. Lge MBR + 3BRs, 1.5BA, lge storage rm in bsmt, W/D, Fpl, close to Metro, bus stop. \$1750 + \$1000 security deposit. Call 202-550-8109

LARGO/KETERING—3BR, 3.5 BA TH nr PGCC. \$1700. 301-577-2262

LAUREL/RUSSETT—Almost new 3BR 2.5BA TH. \$2000. 301-442-2504

LAUREL/RUSSETT—TH, end unit, 4BR, 3.5 BA, deck. \$2150. 202-276-3337

LOCUST GROVE/LAKE OF THE WOODS—3BR, 2BA Ranch style. Large deck, plenty of storage & parking. Golf, boating, & more. \$1,100/mo + elec. 301-622-1999.

LOGAN CIR- 1428 11th St. Unit #3. Renov. 1BR, 1BA Apt. Wood flrs, CAC, Gas, w/d in unit, sec 8 ok \$1150/mo 202-437-7565

LOGAN EAST CONVENTION CENTER
Newly restored efficy in historic bldg. Convenient shopping & Metro. \$895. 202-289-4909

LOGAN—Lux 1BR, W/D, DW, CAC, Hdwd flrs. \$1,450. 202-722-6181

MANASSAS BEST VALUE IN MANASSAS! 2BR from \$920* 1BR from \$745* 3BR from \$1195* Electric Included COVERSTONE 1-877-437-2384 www.rimsi.com	EHO
--	------------

NE—1 BR w/enclosed porch, walkg dist to public transp & shpg. Sec 8 ok. Call 202-409-5923.

NE, 1255 Raum St — 2BR, \$850+ utlis. 4 unit bldg. Sec. 8 OK. 301-935-5837

NE/1815 H PL — 4BR, 2FBA apt. Sec 8 welcome. Call 202-257-2113.

NE—1BR apt: \$840. 2BR apt: \$960. Excel cond. Metro access. Conv loc. Very spacious. 202-388-0137

NE—2BR apt. conv. loc. to shopping, Metro, hdwd flrs, secure bldg. Sec. 8 welcome. 240 423-3155

NE—3BR, 1BA rowhouse W/D A/C, alarm, WW Carpet, No Pets, 1 year lease, 571 23rd Pl NE, \$1800+gas, elec, water.
Home Realty 202-547-7895

NE—3BR 2 full BA Row Hse. Total Renov. quiet neighb. plenty of pkg. \$1800/mo Sect 8 ok. 301-613-5002

NE—All Credit Ok. Beaut 3lvi 3BR, frpl, mod kit, Nr Metro. Rent/opt to buy. \$2500 Sec 8 OK 240-441-5410

NE SE —Renov. 1,2, & 3BRs, w/w, \$695 up. 202-657-2099

NE—Totally renovated, no money down with good credit. Rent to buy. Price neg. Vacant. 301-630-9888

NE/TRINIDAD—Totally renov very nice 2BR units nr Galludet & 5 mins from Metro. Sect 8 welcome. \$900/mo301-685-3001, Lv msg

NEAR METRO NW/LEDROIT PK Fabulous studio in immaculate cond. with 10 ft ceilings, mod. kit., ceramic tile bath, CAC, ceil.fan, internet & cable ready. On-site laundry. Call 202-362-2642 Lic. Agt. NW —2 Furn rms. Kit use, nr metro. \$500/\$595. utli incl 202-722-6181 NW —2BR end unit TH. Jacuzzi tub. \$1650/mo. Laford Property Management, 301-758-9005 NW/604 Kennedy Street —Spacious 1 BR, w/w carpet, secure bldg, nr Metro, \$695 & free utlis. DELWIN REALTY 301-608-3703 x105 NW BRIGHTWOOD PARK, 945 Longfellow St NW Restored 1924 13 unitbuilding, completely renovated one bedroom apartment with new kitchen, \$730 plus utlis, immediate occupancy, tile floors, on-site laundry www.novodev.com, 202-315-1103 NW/NY Ave Metro — \$625 & \$750 incl utlis. . Walk to Metro. 301-839-2275 NW — Top unit. 3BR 1BA. 2 lvi TH. \$1800. Laford Property Management, 301-758-9005 OAKTON —Condo. 3BR, 2FBA, indoor prkg, balc., w/d, pool, tennis, close to Vienna Metro. \$1500. Call 703-255-6081 OLNEY —3BR 1FB 2HB TH w/fin bsmt, deck, patio, lg bkdy. Avail now. Good schools. HOC. \$1700. 301-367-5947 301-260-8435	EHO
--	------------

OXON HILL
Studio from \$685 1BR fr \$765
2BR fr \$885 3BR fr \$1135

PARK FOREST
5% Military & Fed Gov't Discount
Plush Carpet, Central Air/Heat, Free after-school program
625 Audrey Lane **800-880-3923**

OXON HILL SOUTHVIEW • Balconies & Patio • Modern Kitchen • Free Shuttle Bus • 2 swimming pools 877-316-6303 A Southern Management Community Palisades —\$3350.00, 4619 Greene Place, N.W., walk to G-Town, canal, 3 br, prof. landscaped, basement nanny suite; pets ok; 703-282-4840 RESTON —Top flr, nice Condo 2BR, 2BA. \$1,385/mo. 703-850-3638 RIVERDALE/NR PK PLAZA & METRO —3BR 1BA hse. Avail immed. \$1250/mo. 202-723-0317 Rockville —King Farm, 2 br 2 ba condo, secure bldg, attached gar, W/D, many upgrades, no smokers req'd. \$1980. Call 301-990-0836 Rockville —lg Condo, 2BR/1BA, 2 liv,1 din,furn,W/D, dw, hw flr, carp, all utli incl, \$1550, nr metro, 301-402-5722 SE —1BR & 1BR w/den. \$675 & up + elec. No pets. Call 202-265-4814 or 202-889-4083 Fred A. Smith Co.	EHO
--	------------

SE—2BR, 4040 Livingston Road. Newly renovated kitch, lg clists, ceil. fans and more. Fr \$725 incld utlis.
202-362-5919 MON-FRI

SE—2BR, 4040 Livingston Road. Newly renovated kitch, lg clists, ceil. fans and more. Fr \$725 incld utlis.
202-362-5919 MON-FRI

SE—3856 Halley Ter.1BR \$900 +elec. Renov.w/d./crpt sec entr 202-528-1528

SE Cascade Pk Apts - 4236 4th St
5 bldg Gated Community w/ext renov underway. Immed occupancy 4Br \$1495, 3Br \$1395, 2Br \$895
SPECIAL ONE MONTH FREE!, 1Br \$695, Eff. \$645.
Renov kitch, new apt, hdwd & cpd flrs, AC, Indrv rm, on site mgmt. Call 202-562-1600
www.novodev.com

SE DC—1BR, 2BR w/ den & 3BR from \$705-\$930. Walk to wall carp, wlk in closet, balconies, off street pkg, daycare, comp classes, wlk to grn line metro. If approved by Jan. 15, you will get \$150 dollars off! Must bring ad. Call 202-562-3200.

SE—Gorgeous 3-lv,6BR,3BA,2-car pkg. \$2500/mo. Sec 8 ok 301-754-0023 or 240-418-0444

SE/THE NEW ANACOSTIA The Best View in the City FREE APPLICATION FEE* 1 MONTH RENT FREE** +5% DISCOUNT (for military, college students, teachers, firemen & police) Minutes fr Metro, Va, Downtown DC, 395 & Metro MARBURY PLAZA 2300 Good Hope Road SE Washington, DC 20020 202-678-0700 ext 205 & 206 Call for details beaconmanagement.com
--

SHADYSIDE WATERFRONT— Beaut View Overlknng West River!Can be your Home or just a Weekend Get-away!!Boat Slip & Priv Pier.2 Hms Avail \$1650/mo Neg. 410-867-0065

SIL SPG/WALK TO METRO—Gorgeous 3BR hse. \$1795/mo. **OPEN HOUSE: SAT 10-1.**
Call 202-438-0383

</

Classifieds

ROOMMATES

CAP HGTS—Rms avail., all utils incl., cable, W/D. Furn/unfurn. \$155/wk. Call 240-476-9040

CAP HTS—Share house, professional Male/Female, \$550-\$600 incl uts \$250 deposit, catv internet, 2 baths, washer/dryer, parking, at bus stop, 4 mins to Metro. 301-728-7553

College Park—\$500 rooms furnish 2 minute from College Park Metro & Umd 301-938-8975 OR 3015379887

COLLEGE PARK—3BR hse to shr w/2 N/S Prof. Furn BR incl. DSL, cable, OSP, walk to Metro, \$500+ ½ util. Call 240-876-1051

CROFTON—Female share house, Bedrm w/private Bath, private livrm w/gas frpl, full hse privs, 20 mins to DC, Baltimore & Annapolis. \$580+½ uts. 410-507-4653

DULLES AIRPORT—Lg TH furn room for NS prof, 2 other roommates (often absent). Shr newly refurbished BA, incl cable-utills. \$600+1 mo sec dep. Avail 1/6/07. 703-606-3285

FAIRFAX/Nr Vienna Metro—Wireless, Cable, w/d, N/S. F to shr TH. \$600. 571-235-4095

FAIRFAX—SFH w/ pvt entr. \$750 incl util, cable, & internet. Nr shops & bus stop. 571-451-5367

FALLS CHURCH—M to shr house. \$475/mo incl utills, kit, w/d, parking. Nr busline. 703-347-3785.

FT WASH—Beaut. hse to share, \$125-\$225/wk., incl utills & cable, access to kit & FR. **703-296-3453**

FT WASH—Lge hse to shr. Furn rm, all utills incl. W/D. Free Phone & Cable. \$175/week.

240-882-8973

HYATTSVILLE—Close to metro/Cap Blvd. \$500 incl utills. 301-802-8797.

HYATTSVILLE—Shr hse. Nr. metro. Furn. Cable TV. \$450 & \$500. Mon. call 240 423-6-02 & 571 276-5678

Lake Ridge—Sensational TH w/Lake view in popular Tacketts 2share, lrg rm, sluglines, \$750, 703-341-7900

LORTON—NS M/F for Bsmrt in TH to share, own entr, wash/dry, kit privs, \$650 + sec depos. 202-746-1137

MANASSAS—Prof NS quiet neat, 2 bright cozy rms w/priv bath in almost new TH. Share w/d, cable, internet, kitchen, \$800 incl utls + depos. Nr new by pass at 234 & 234B. Only 2 turns to 66. Avail 2/07 703-380-9760 or 703-895-9000.

POOLESVILLE HRSE FRM—Pvt full flr.Sep Ent. LR w/fp, DR, BA. Den Shr laundry. \$875+ utills. 301-972-8187

RESTON—N/S M to shr lge TH, MBR + Den + pvt BA, close to Toll Rd., \$650 + 1/3 utills. Call 703-303-2043

ROCKVILLE—Rm in SFH, nr Appenhill Shpgng Cntr, Conn. Ave & Veirs Mill Rd. Fem. \$490 301-903-9461

SE—Prof M or F to shr condo, n/s n/p, fully furn, newly renovated, Jacuzzi, full kit, w/d, cable TV. \$175-350/wk utills inc. 202-536-5586

Shaw—\$699-\$850, 3719 Georgia Ave(in front of the Georgia Ave Metro),Rooms for rent, share 3 br, 2 ba, \$80 for utilities, 301-366-8868

SIL SPR—Bsmrt Rm for rent w/prv entr. \$550 incl cable +. Nr metro. 240-455-8357 240-304-4362

SILVER SPRING/Glenmont—Shr SFH. Rooms in wlk-out bsmt w/BA, from \$500's utills incl. Call 703-868-2839

SPGFLD/SARATOGA—Prof F to shr hse w/same. Huge MBR, 300 s.f., newly renov., pvt BA. Many amens. Safe, quiet, neighb. all utills/Net/Cable/Phone incl. \$750. 703-372-2726

WHEATON—Bsmt rm, avail immed, pvt entr, N/S, N/P, shr kit, BA, w/d, w/male. \$590 all utills incl, great loc, walk to metro, bus & mall. 301-946-5705 or 240-483-7925 or 202-468-1221, lve msg or email: stephen.fernando@juno.com

CONDOS FOR SALE

ALEX/Old Town/1 Blk Off River—2BR 1BA w/pkg. \$399,000 or Rent to own. Call 904-868-1266

Belle Haven **\$409,900**
For Sale by Owner
\$409,900, 6538 10th St, 1950 Townhouse, 1200 sf, 2 br, 1 ba, 3 Fls, OH Jan 7th and 14th, 12-4pm, Beautifully remodeled just outside Old Town Alexandria, hrd wd, tile, granite, cwn molding 703-347-6405

HYATTSVILLE—2BR 1BA. Owner/Agent. \$177,000 plus \$9,000 Closing Help. 240-672-7080.

OXON HILL, MD
US TREASURY DEPT PUBLIC AUCTION
Thursday, January 18th at 2pm.
2BR, 1BA Condo.
532 Wilson Bridge Drive. Unit C-2. Open Sunday 1/7 & 1/14 from 1-4pm. Deposit: \$10K cashiers check paid to EG&G tech svcs.
www.treas.gov/auctions/customs
703-393-4279, sale# 07-66-870
H. Stephens Dance MD lic# A00275

Parkside at Alexandria **\$340,000**
Shuttle to Metro
READY NOW! Reno. 2 level, TH/CONDO, 2bd/1.5 ba, comm. pool. 703-851-5466

SW/1250 4th St #101W/CARROLLSBURG \$295K
—2BR/1½BA, nr Metro. Granite, marble BA, marble & slate hall.
Call 202-329-4403, Murrell Rlty

U Street-Carodoz **\$389,000**
www.241Florida.com
4 New Condos, 2 br, 2 ba,+parking

WESLEY HGTS/AU AREA—1BR condo, offst pkg. Great area. Pets ok. 1st flr. Low fee. \$290,000. 202-441-6328.

WeekendPass. Top-rated. Thursday.

HOUSES FOR SALE

1050 17th St, NW—F/T window ofcs for \$850/mo. Call 202-204-2529.

1100% GOVERNMENT FINANCING!
Receive up to \$75,000 in **DOWN PAYMENT & CLOSING COSTS!** Good or troubled credit ok. Buy with \$0 down **GUARANTEED** or I will rebate you \$5000 at settlement! Call now to qualify! Dustin Ratterree, Re/Max Allegiance 703 496-6491. Conditions Apply

1717 K St. NW—Office Intelligently: On demand offices, phone, mail, internet, incubator, other svcs. Plans \$45-\$200/mo. Call OSI, **202-508-3896 to learn more.**

ALEXANDRIA \$659,900 SALE OR RENT-TO-OWN
Very Large new home. Largest Townhome in area, Great loc., intimate community, only 16 THs. New, 3500sf, 2-car gar, all luxury. **703-568-0777**

ANACOSTIA—Stunning Home under renovation! Home will offer 3BR, 2.5BA's! Hdwd Flrs. Granite Kitchen! Private Yard! Morning Room! Move in 30 Days! HPAP! More! Sir Charles Martin REMAX 100-1 800 456-5301 ID 210 www.my1sthouse.com

BEHIND on Your Mortgage? Credit Problems? —Is being a home owner becoming difficult to achieve or handle? Call Homes for You LLC to restructure your credit & achieve ownership 571-239-2496

BOWIE **12724 Gladys Retreat Cir.**
Brand new 3vl TH. 2800sf+ Over \$100k in upgrades. 3BR. 2F, 2H BA. Up to \$20K Closing Help. \$515,000 Call Leon 301-222-3245 Exit Realty

BOWIE/MITCHELLVILLE **\$494,950**
Stunning updt'd col w/4BR, 3.5BA, 2-car gar, SS kit, columns, fin w/o bsmt, & much more!! Price incl 5 rooms of furn!**L.BURTON RE/MAX 1301-335-7687**

BRANDYWINE 6.32 acs Horsehead Rd—Residential zoning. Call me for details. Susie Moore Associates - 301-449-7979

BRANDYWINE
This home is absolutely stunning! It offers 4BR's, 2BA's, Stunning Kitchen, Awesoomo Family Room. Fin Bsmt. Much More!
Sir Charles Martin REMAX 100 www.My1stHouse.com 1-800-456-5301 ID 220

BRIGHTWOOD—Single Family w/3BR's, 2BA's. Smashing Kitchen, Sun Room, Large Family Room, Dining Room, OSP! Move in 30 Days!
Sir Charles Martin REMAX 100 www.1800.456-5301 ID 212 www.my1sthouse.com

CAPITAL HTS, \$235,000—Spacious 3vl TH, 3BR 3½BA, \$2000 agent bonus. Noland, 202-439-7728 Exit Premiere, 301-560-6700

CHARLOTTESVILLE, VA—Fantastic new 3BR 2½BA, over 2800sqft w/full bsmt, 2 car grg, on 6+ acres. Great value for only \$249,900!
Call 434-286-9900 Barnett Real Estate

CLINTON/\$355,000—bf06 4BR TH. GORGEOUS! 3 lvs, 2.5 BA, LR, DR, RR in fin. w/o bsmt., new wood flrs, updated kit., much more! 9050 Hardesty Dr. L. Burton, ReMax One, 301-335-7687

CLINTON/5309 Trent St.—4BR, 2BA, split foyer, wood flrs, updated. Ingrnd pool. Too much to list. Must See. Call me for details. Susie Moore Associates - 301-449-7979

CLINTON/5503 Burrell Ct. Drastic Price Reduction. —2BR 1BA w/loft, cul de sac, 72 ac, CAC, newer windows. Call me for details. Susie Moore Associates - 301-449-7979

Coastal Virginia WATERFRONT!

Huge off-season savings on beautifully wooded acreage w/ deep boatable & dockable water frontage. Incredible views, boat to bay & ocean! Paved rds, underground utills, central water & sewer. Excellent financing. Call 1-877-280-5263, x1247

CORPORATE AUCTION

14 RELOCATION HOMES TO BE SOLD AT AUCTION

Dumfries, Fredericksburg
Spotsylvania, Stafford &
Woodbridge, VA

SUN, JANUARY 21
AT 1:00 PM

FREDERICKSBURG EXPO & CONFERENCE CENTER

2371 Carl D. Silver Pkwy.
Fredericksburg, VA

For Addresses, Open House Schedule, Directions And More Information Contact

800-262-3050
www.localauctioninfo.com

J. Melnick Auctioneers Inc.
VA LIC # 290600043

DAMASCUS Owner Financ. **\$899,000**
LUXURY HOME 4BR 2.5BA, den, 3900 sq ft, 1 ac. built in 2001. Deposit req'd. Info. 301-839-2725

DEANWOOD
Updated, well maint'd 3 lvl brick. New systems & applncs. cac.
Tiffany Stone **301-440-8818**
Realty Realty **301-881-9800 X 264**

DIST HTS—Estate Sale. 3 lvs, 3 BR, 2FBA, 2 HBA TH. Fin bsmt, \$275,000. RE/MAX ONE. Cheryl, 202 285-3108

EDGEWATER—WATERFRONT VIEW across fishing boat priv. Lot over 10K sq ft. 2BR, mod. kit., fpl., w/buildable lot. Low slip fees. \$650K takes all. 410-562-5242/5244

First Time Homebuyers—DC/MD/VA Slow or Troubled Credit Ok. Achieve your Dream of Homeownership! Call Mr.A 301-728-5113

FT DUPONT—Semi Det. 3BR, 2.5BA's! Hdwd Floors! Stunning Kitchen! Finished Bsmt! Yard! Move in 30 Days or Less! HPAP OK!
Sir Charles Martin REMAX 100 www.My1stHouse.com 1-800-456-5301 ID 211

FT WASHINGTON
Move in Condition! 3 Levels! 3BR's 2BA's. Gar! Nice Yard! Cul De Sac! FP! Vaulted Ceilings
Sir Charles Martin REMAX 100 www.My1stHouse.com 1-800-456-5301 ID 221

GEORGIA PROPERTIES
RELOCATING OR INVESTING IN ATLANTA?
Call Sylvester, Rich Core & Associates, **404-617-2673**

HAGERSTOWN, MD
Bldg with 50 prkg spaces on DUAL Hgwy.
Call 301-461-9122 or email: alison.pages@longandfoster.com

HAGERSTOWN, MD—Centrally located TH has Comm & Res zoning. Renov. Call 301-461-9122 or email: alison.pages@longandfoster.com

Hyattsville—\$179,000, 3450 toledo terr, Condo MLS# PG6240325 Seller giving \$7,000 Closing Help. 2 br, 1 ba, 301-346-4394. FX Realty

HYATTSVILLE—3BR 1½BA TH, \$210,000. Offering \$5,000 closing help. Call Lisa Bell 202-997-6317 Exit Premier Realty 301-560-6700

HYATTSVILLE—Lovely Single Family Home! 4BR's 2BA's. Nice Yard! Fin Bsmt! Awesome Kitchen
Sir Charles Martin REMAX 100 www.My1stHouse.com 1-800-456-5301 ID 222

HYATTSVILLE/Takoma Park—built out already done on nice size ofcs **w/lots of free pkg.** right on New Hamp Ave, 1/2 mi from DC, metro stops at door w/subway 10 mins away. Call Leslie Holmes M-F 301-270-4400; lhomes@blakereal.com

I NEED TO BUY 2 PROPERTIES ASAP
ANY TYPE. 301-292-4415

INVEST IN CHARLOTTE, NC.
100's of Foreclosed homes. Hurry Don't miss out! Free service! 14 yrs exp 866-395-1136. NC Broker.

LANHAM **OWNER FINANCING** **\$5525,000**
Beaut. 5BR 2 FBA, w/d. 2 car gar. lge yard. Dn pymt req'd. 301-839-2275

LAUREL **\$272,000**
TH, 3BR, 1½BA, call Joyce Hendrickson 301-651-9740. Exit Premier Realty 301-560-6700

NE/CAPITOL HILL **647 F St NE**
3BR, 2FBA, completely renovated, new kit w/granite countertop, new appl, hdwd flr, gas fplc, plater crown molding, formal dining room and living room. Completely finished bsmnt. \$795,000. 703-282-6182

NEW YEAR'S LAND SPECIAL!
23+ ACRES - \$144,900 PRIVATE RIVER ACCESS

UNTOUCHABLE MTN. VIEWS! Wooded, gently rolling land w/ both sunrise and sunset mtn views. Long term. low-rate financing.
CALL ASAP! 1-800-888-1262

OCEAN CITY—154 condos, 1 & 2BR, \$132k-\$260k. Call Frank at 240-271-5552

Pristine Marshfront
1.9 AC - \$149,900
SAVE THOUSANDS!

Off season prices! Estate-size marshfront w/ Pamlico River access & sweeping water & sunrise views. Easy access to fishing, boating, & other water recreation. Located near historic Washington NC. Gated community w/ paved roads, water, sewer, plus full service marina w/ boat slips, private white sand beach, boat ramp & more. Excellent financing.
Call now **1-800-732-6601, x1712**
Charles Watkeys, Broker

RIVERDALE PARK **MID \$500K**
SPACIOUS RENOVATED 6BR/3.5BA Colonial with finished basement. 4808 Tuckerman St.
Call Susan 240-462-3944 Century21

SELL YOUR HOUSE IN 2 DAYS!
703-582-3748

SIL SPG/COLESVILLE **\$299,900**
Excel cond. EU TH, 3 BR, 1½BA, 2flrs, El kit, fncd yd, new HVAC, appls, w/warr. new paint & carpet.
For Sale By Owner 240-277-9265

SIL SPG/NR METRO—Newly renovated office bldg. 1200-6000 s.f. of fin space. For more info 240-485-2437

Springfield, West Virginia—2½ hrs from DC. Custom built log home on 5+ acres. 2662 sq. ft. 2 car gar, lge deck, outbldg. Access to 50 acre pvt stocked lake. \$249K. 304-492-5742

SUITLAND—Nice SFH. Buy 4 \$1K down. Re/Max One Belinda Gamble 301-675-1109 301-464-0044

UPPER MARLBORO **\$266,000**
3 lvi TH, 3BR, 2½BA, fin bsmt.
Edward Cunningham, Exit Premier Realty. 301-669-0063. 301-560-6700

WALDORF 2638 Ulster Ct.—Det 4BR, 2FBA, split foyer, 3rd ac lot, Free appr on premises, \$10,500 C.C. \$350K. Cathy Redmond, 301-870-8416 C-240-299-3915. Susie Moore Associates - 301-449-7979

WALDORF
Awesome New Home! Features include 4BR, 2.5BA, Awesome Kitchen, 2 Car Gar More Buy BRAND NEW w/\$1K Down! More!
Sir Charles Martin REMAX 100 www.pgnewhomes.com 1-800-456-5301 ID 230

WALDORF—Lovely Single-Family Home! 5BR's 3BA's. Large and Pretty Kitchen! Fin Bsmt! Super Yard! Move in 30 days or less! Much More! Nice Yard! Fin Bsmt! Awesome Kitchen
Sir Charles Martin REMAX 100 www.my1sthouse.com 1-800-456-5301 ID 223

WE BUY HOUSES
ANY PRICE OR CONDITION

Do You Need To Sell Quickly?
WE BUY HOUSES FAST FOR 18 YEARS

All cash, no contingencies, no commission, no fees
You Save \$\$. Buying in Maryland, DC & Virginia.

Brian, Re/Max 2000, 301-996-9695
www.ListOrBuyHomes.com
Brian@ListOrBuyHomes.com

LOTS & ACREAGE

20+ Acres with Private River Access. Perfect for a vacation getaway and retirement. Very usable with long range mtn views. www.landnearcd.com

Coastal Virginia WATERFRONT!

Huge off-season savings on beautifully wooded acreage w/ deep boatable & dockable water frontage. Incredible views, boat to bay & ocean! Paved rds, underground utills, central water & sewer. Excellent financing. Call now 1-877-280-5263, x-1246

UPPER MARLBORO—13703 Town Farm Rd. Approx 3/4 Ac, \$180K, has been perked. Call 202-409-5923.

REAL ESTATE SERVICES

ARE YOU TIRED OF RENTING? Do you want to own? Bankruptcies, liens, judgements, foreclosures, we can help. **Call Berna Able at RE/MAX Allegiance 703-649-0939**

Buy a Home With No Money Down
I can show you how to buy a home with **NO DOWNPAYMENT**

Free Recorded Message
1-800-554-0783

ID 1044
Sears Realty Group
www.va-md-cd-homesales.com

Looking to refinance or new home purchase? Money to lend! Low rates! 202-747-8950

COMMERCIAL REAL ESTATE

BALTIMORE, MD — U.S. Treasury Dept. **Public Auction, Thurs, Jan 18, 10 A.M. at 800-810 S. CATON AVE.** 16,000 +/- S.F. warehouse w/2 Baths, Kitc, Parking. **OPEN Sun, Jan 7 & Wed., Jan. 17, 1-4 P.M.**, Deposit: \$35K. Cashier's check - pay to EG&G Tech Svcs. www.treas.gov/auctions/customs 703-393-4279, Sale #07-66-148, H. Stephens Dance, MD Lic A00275.

MERRIFIELD, VA—Just outside the bltwy, 1800sqft (+add'l 1600sqft on 2nd lvl). Call David 703-407-1138

N.E. Benning Rd—Renovated Townhome zoned for multiple use. Call me for details. Susie Moore Associates - 301-449-7979

New Prof. Office & Medical Center
Space for Lease. 1,000 to 40,000 sq. ft. Unique Log Office 3,700 sq. ft. Prime location on Rt. 3. 15 mins. West of Frdrksbrg. Call (540) 972-2000 **540-760-9001.**

A&K Development Corporation
ROCKV/Twinbrook—4,096 S.F. Dock, prkg, short walk to Metro. 301-933-6850.

Small Office Sublet
Arlington—\$600/mth, Clarendon, 250 sq ft, 703-841-7777 x 11

Washington **\$985,000**
15 Unit Apartment Bldg
400 50th Street S.E., Adjacent to NEW construction TH, Condos, and Single Families. Great Condition - priced low quick sale. Near Metro. 16,000 sft corner lot. 20 prkg spaces, 8 ea 2 bdrms/7 ea 1 bdrms. Laundry. Ph 703-309-4091.

WHEELS

BMW 2002 325—Xi-; AWD; 6 CYL; \$19K incl. WARRANTY; 63K miles; EXCELLENT Cond; DRK GRY/ BLK LTR; AUTOMATIC; PREM Sound/CD; POWER Pkg; SUN/MOON Rf; KEYLESS entry; Call or e-mail nccbt1@aol.com; 703-930-7974

BMW '02 325i—55K, silver metallic, 5spd, sunrf, exc. cond., all maint. work up to date by BMW dealer. Low \$20s obo. 301-908-9200

BMW '01 330—\$18000, excellent cond, 54k mi, Stl blue ext/Grey int, Pwr Pkg, ABS, air bgs, htd seats, sunrf, 6 CD chgr, 202-326-5475



Slow Metabolism? Need to lose weight but can't?

- Average 35 lbs of weight-loss in 12 weeks
- Medically supervised - Effective & Safe
- Stops your food cravings
- Boosts your metabolism
- Increases your energy
- Keeps you from feeling deprived

What have you got to lose? Only weight.
Call us for a free consultation. 888-577-7587
or visit us at www.spdiet.com



**Look
at our
results:**



Carol lost 56 pounds Jo Ann lost 58 pounds

Get 'In the Loop' Daily

The Federal Page has a new name—In the Loop—and two new weekly additions to its lineup...

In the Loop: On K Street

Jeffrey H. Birnbaum's popular 'K Street' column, which takes you inside the Washington lobbying machine, moves over from the Business section and appears **every Tuesday**.

In the Loop: On the Hill

Lois Romano, the original 'Reliable Source,' is your guide to what's happening behind-the-scenes in the corridors of power **every Thursday**.

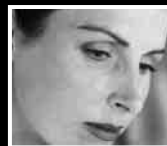
Al Kamen's long-running 'In the Loop' column will continue to appear **every Monday, Wednesday and Friday**.

'In the Loop,' Monday-Friday in the A section.
The new daily must-read destination for insiders and those who aspire to be one.



The Washington Post

N592 2x8



Research Study Trying to Improve Depressive Symptoms Quickly

Several medications are effective for treating depression; however, they take weeks or months to achieve their full effects. NIMH is studying whether a drug can cause a rapid antidepressant effect in patients with bipolar or unipolar depression. The study also tries to see if it can sustain the results with another medication in certain patients. Understanding how this works may help us understand depression and design better antidepressants. NIMH is seeking people ages 18-65 with depression (unipolar or bipolar) who are:

- Free of other serious medical conditions
- Willing to participate in a minimum of a 12-day inpatient stay

Research medications provided free of charge.
Compensation and transportation reimbursement is provided.

Atendemos pacientes de habla hispana.



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services



Call: 301-496-5645
(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov



Accelerate your Education

"I wanted to go back to school for years but didn't know how I'd find the time. At the Waldorf Center, I got my bachelor's degree quickly - when it was convenient for me. **"**

fit fits
Waldorf Center
for Higher Education



Classes start January 24.
www.waldorfcenter.org 301-632-2910

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**

express

LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Grace, Audrey,
Jackie endure
as icons | **39**



Blog Log: K-Fed hits
on Lindsay Lohan | **40**

Snore: Rosie, Trump
keep on fighting | **42**

Investigations

Florida State offers a one-of-a-kind chance to learn to track clues

Using metal detectors, tape measures and plastic evidence bags, Ryan LaPete and four fellow students scoured the muddy banks of Panama City's North Bay for clues in the murder and rape of a young woman.

The crime scene was fake, staged by an instructor from Florida State University's Underwater Crime Scene Investigation Program — the only one of its kind. Instead of writing an end-of-term paper, the five students worked together to unravel a scenario set up by professor Michael Zinszer.

Agencies from the National Security Administration to NASA have scrambled to hire the several dozen divers who have graduated with minors in underwater crime scene investigation since the program began at FSU Panama City's waterfront campus in 2003.

Federal officials realized there was a shortage of trained investigators who could collect evidence if a terrorist attack occurred on the

“In the past, the mentality wasn't investigation — it was just recovery.”

MICHAEL ZINSZER
FLORIDA STATE UNIVERSITY

water and helped establish the program with a \$300,000 Homeland Security grant.

“So far we haven't had a real bad terrorist attack involving our harbors. Part of our school is preparing investigators and law enforcement for that,” program director Tom Kelley said.

The goal of an underwater crime scene investigator is to do as thorough a forensic investigation underwater as a forensic investigator would do on land, said Zinszer, a former Navy experimental diver.

“In the past, the mentality wasn't investigation — it was just recovery,” he said.

And underwater investigation skills are especially important in Florida, where millions live near water, said Florida Department of Law Enforcement spokeswoman Kristen Perezluha.

Most of the students are either science or criminology majors,



CLUE CREW: Student Tiffany Ashcom, left, uses a metal detector to find a murder weapon as part of a Florida State program.

CSI: Underwater

but others, such as recent graduate Melissa Adams, have no background in forensics or law enforcement. Adams, who works as an investigative diver for the Washington County Sheriff's Office, was an English major and aspiring crime novelist with no diving experience before Kelley talked her into taking an introductory class.

She was hooked.

“A lot of people look at what I do

and think I'm just kind of morbid, but it's not like that,” said the 36-year-old mother of four who has helped recover the bodies of seven drowning victims in less than a year on the job.

By recording the location of a body underwater, noting objects on and around the body, recording the dead person's hand positions and doing other detailed analysis, she provided victims' families and inves-

tigators answers to questions that sometimes go unanswered when a person dies underwater. Her work gave information about how the victims drowned and whether their deaths were suspicious.

“My biggest problem with the courses was that I had never been athletic and I felt like I was playing catch-up with some of the other students, but I learned as I went,” she said. MELISSA NELSON (AP)

YOU'RE INVITED - EXPLORE MASSAGE THERAPY JOIN US FOR AN OPEN HOUSE!

* Complimentary Chair Massages
* Tours * Refreshments * Career Information
Saturday, January 13th, 11:00AM
803 West Broad Street • Falls Church, VA

Resolve to make 2007 great with a new career in the rapidly-growing and rewarding field of Massage Therapy!

Call now for more information!
1-888-205-2456



Problems with alcohol and anger?

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is seeking people whose drinking and anger are causing problems for themselves or for their families. A treatment study is underway to see if omega-3 fats, commonly known as fish oils, can help.



We offer a four-week inpatient treatment program followed by 12 weeks of outpatient therapy at no cost to those who qualify. For a confidential telephone screening, call 301-496-1993.



Deaf or hard of hearing? Call the Federal Relay service at 1-800-877-8339.

A New Hide and Seek

Video Games

Advertisers find a way to cash in on gamers finding 'Easter eggs'

Crouched in military fatigues, you peer through night-vision goggles and brandish a semiautomatic gun as you hunt down terrorists who have overtaken Las Vegas.

Incongruously, while patrolling a neon-decorated side street in the video game "Rainbow Six Vegas," you spot a jar of body wash. You spray the container with bullets, and voila! A 60-second video of whimsical bloopers pops up, and billboard advertisements of scantily clad women hawk Unilever Corp.'s Axe shower gel: "Score with Axe."

Welcome to the new world of video gaming, where software companies are becoming more imaginative in wringing money from gamers.

Beyond running crass advertisements on billboards written

“Purist gamers see this development as negative, and it can ruin the game for someone.”

PEER SCHNEIDER, IGN ENTERTAINMENT

into the gaming landscape, many game developers now accept product placements for milk, DVDs and other wares, embedding them deep in the game's software codes. You'd need the type of secret tips and tricks long circulated for unlocking special powers and other bonuses.

Veterans of the \$7 billion U.S. video game market defend the corporate co-option of the techniques once solely the realm of techies: If Hollywood has been employing product placement and other unconventional marketing tricks for years, why not the game industry?

The standard advertisements aren't waning. But gaming executives say the newer, unusual pitches



"Rainbow Six Vegas" is a game featuring ads in places that are hard for players to reach.

are more effective: They can be funny and tap into many gamers' desire to explore the darkest nooks and crannies of a game and discover tricks they can boast about to friends.

"Purist gamers see this develop-

ment as negative, and it can ruin the game for someone," said Peer Schneider, vice president of content publishing at IGN Entertainment. "But our kids don't see it as negative. They see it as an unexpected

thing in the game."

In many games, players who enter the top-secret "cheat code" could become invisible, get unlimited ammunition or play in an all-powerful God mode. Or they'd play for hours until discovering brightly decorated circles or balls — known as Easter eggs — that unlock bonus points, monster-slaying swords, extra lives or infinite health.

Although many gamers viewed the Ubisoft-Axe promotion as quirky and unobtrusive, they criticized Redwood City, Calif.-based Electronic Arts Inc. in October, when the world's largest video game publisher began to sell downloadable tricks for the Tiger Woods PGA Tour 2007.

Gamers could redeem points worth \$3.75 to buy a software "addon" that unlocks pro shop gear to drive the ball farther. Another \$3 gets Woods' lucky red shirt.

Offended gamers wrote scathing online entries about EA. Other companies that try to sell add-ons would likely encounter similar hostility, said Greg Off, founder of Off Base Productions, a San Francisco-based consulting company specializing in video game advertising and marketing.

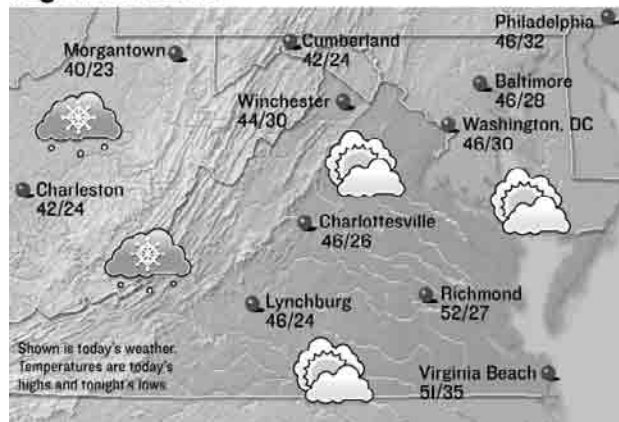
"They're seen as looking for yet another revenue stream," Off said. "Did they push it too far? Possibly."

RACHEL KONRAD (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
46°	30°	44° / 27°	46° / 35°	55° / 42°	57° / 45°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	54°
Low	47°
Normal high	42°
Normal low	28°
Average humidity	60%

Precipitation

24 hours ending 4 p.m.	0.73"
Month to date	1.97"
Normal month to date	0.82"
Year to date	1.97"
Last year to date	0.46"
Normal year to date	0.82"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

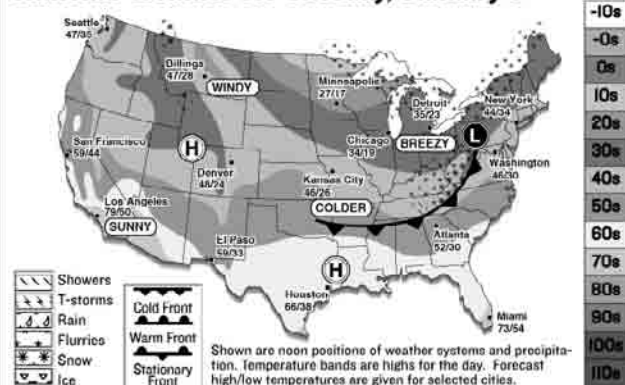
D.C. Metro: Today, partly sunny, breezy. High 46. Wind west-southwest 8-16 mph. Tonight, mostly cloudy, breezy. Low 30. Wind northwest 10-20 mph.

Sun and Moon

Sunrise today	7:27 a.m.
Sunset tonight	5:04 p.m.
Moonrise today	11:18 p.m.
Moonset today	10:45 a.m.

Last	New	First	Full
Jan 11	Jan 18	Jan 25	Feb 2

National Weather for Tuesday, January 9



National Cities

City	Today	Wed.
Atlanta	52/30/s	53/33/s
Boston	42/32/pc	39/24/pc
Chicago	34/19/pc	38/31/pc
Dallas	62/34/s	64/53/pc
Denver	48/24/s	51/20/s
Honolulu	80/69/sh	81/70/r
Los Angeles	79/50/s	87/50/s
Miami	73/54/pc	72/61/pc
New York City	44/34/pc	40/31/s
Orlando	65/41/pc	62/48/s
Seattle	47/35/r	37/25/sf

World Cities

City	Today	Wed.
Amsterdam	54/50/sh	54/45/r
Athens	58/44/pc	57/43/c
Berlin	52/48/sh	54/46/c
Buenos Aires	93/73/pc	90/72/sh
Calgary	47/16/pc	21/-7/sf
Dublin	52/41/r	46/43/r
Geneva	52/42/c	54/37/c
Moscow	36/32/c	37/33/sn
Rome	60/44/pc	63/45/pc
Sydney	75/68/pc	82/74/s
Tokyo	49/39/s	50/41/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles | LOOK^{*}out

Beauty



The End, It Cometh

When Britney cleans up, she really cleans up. The hot mama's new fragrance, **MIDNIGHT FANTASY BRITNEY SPEARS** (\$45, Sephora), is a spicy, sparkly, sweet scent that comes in a drop-dead stylish bottle. It smells like a really good girly drink — fruity, but with enough of a kick to assure you that you're not drinking apple juice. The fragrance is also adult-appropriate; in fact, we've passed all of Britney's other fragrances to teenage acquaintances. This bottle is staying with our 30-year-old self.

KRISTEN PAGE-KIRBY (EXPRESS)

Kids



Kids Like to Look Good

Dressing your kid in cool clothes makes you look hip. Now, with the launch of **ALTERNATIVE KIDS** (alternativeapparel.com), finding said clothes is a lot easier. Sizes range from 3-6 months to 4T and include onesies, thermals, T-shirts and other adorableness in clothing form. We love the argyle top (\$24), and find the kid modeling it so cute we might have to eat him. Right now, they're only accepting pre-orders, with delivery in mid-February, but you'll want to order before all the hipsters clear the shelves. K.P.K.



Timeless Trio

Embodying classic elegance

In an age when the word is grossly overused, they remain, incontrovertibly, icons: high fashion at the dawn of the television era, with charmed lives and striking beauty.

Celebrities fuel fashion — that comes as no surprise. But the women with the most influence over today's tastemakers aren't the ones on the covers of all those celebrity magazines.

Instead, it's Audrey Hepburn, Grace Kelly and Jacqueline Kennedy Onassis who continue to set the standard. Their names are shorthand for the looks that are at the root of modern style.

The patrician style of Main Line Philadelphia is defined by Grace. One of the world's most coveted handbags — the Hermes Kelly bag — is named after her, a

symbol of understated, ladylike luxury. When Jackie was a Kennedy, she popularized the pillbox hat and skirt suits. When she was an Onassis, it was the glamorous oversized dark sunglasses worn with yacht-appropriate attire. The pearls and black dress that so many women use as their cocktail party uniform, that's all Audrey.

"They are the triumvirate," designer Michael Kors declared. "All three of these women were

Jacqueline Kennedy Onassis, Audrey Hepburn and Grace Kelly still sum up style for millions of modern women.

about clean, sharp lines so you notice the woman first. And they're very archetypal types."

Since the troika's heyday, women have adopted a more casual approach to fashion. But the trio's sophistication, style, and influence have endured.

"People think highly of them," said designer Tommy Hilfiger. "People look up to them and people think of them as glamorous. The glam factor is important — it still makes them exciting after all those years."

They also represented much more socially acceptable "ideal women" than blond bombshells Marilyn Monroe and Jayne Mansfield, who were at their peak just a few years earlier.

"In the '50s, the blond bombshell was a look that women either couldn't relate to or could only dream about," said Holly Alford, an assistant professor in Virginia Commonwealth University's fashion design and merchandising department. "Jackie, Audrey and Grace — they were the women you were supposed to want to be like."

SAMANTHA CRITCHELL (AP)





from readexpress.com

Speed Cameras Irk Some

COMMENTS | A majority of those who responded to Monday's Poll Center question, "Are radar-activated speed cameras fair to drivers?," came down against the devices, saying they're too intrusive and can be dangerous when they cause drivers to suddenly come to a stop.

Commenter Paul took his opposition down a different path: "There should be no speed cameras. The majority of vehicles have more than one driver. If speed/red light cameras are allowed, the alleged offender should just be able to write a statement saying they were not the driver and the ticket is not theirs, period."

Not everyone was a critic, though. Commenter Lowspark

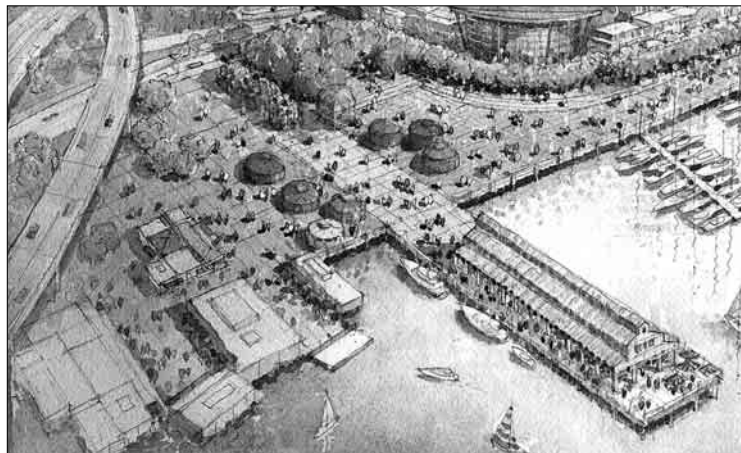
said, "When you drive your business becomes everyone else's business. If such cameras seem [intrusive], consider those burdens imposed on us by bad drivers. The results of their behavior range from annoying, at best, to tragic. ... I support the cameras. I only wish they could do more about other types of bad driving."

Commenter AUA sees the cameras' utility. "As much as I hate getting tickets by mail, if there are speed cameras on every block, you're going to drive at or below the established maximum safe speed limit."

MICHAEL GRASS (EXPRESS)

Exploring the Future

ANACOSTIA RIVER | The Anacostia Waterfront Corp., the public-



The Southwest Waterfront is one of the Anacostia Waterfront Corp.'s projects.

private organization charged with the redevelopment of the riverfront and neighborhoods adjacent to the Anacostia River and the Southwest Waterfront, has unveiled a new Web site at anacostiawaterfront.net, with a clickable map detailing all of the projects it is overseeing. It includes a swath of land from the South Capitol Street ballpark district in Near South-

east (and a new ferry pier at the foot of First Street Southeast) to Marvin Gaye Park in Northeast. M.G.

→ Coming Up Today

Worried about nuclear weapons? Experts say the kinds of bombs terrorists would wield are less dangerous than Soviet bombs the U.S. feared during the Cold War.

? Poll Center

TODAY'S QUESTION

Do you feel safe on Metro after Sunday's derailment?

1. Yes
2. No

YESTERDAY'S RESULTS

Are radar-activated speed cameras fair to drivers?

NO **YES**

59% 41%

As of 6 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"If Time wants to be accurate, it should stick to what Washington could better be described as — a tidal marsh."

DCIST.COM THINKS TIME.COM'S DECISION TO NAME ITS NEW POLITICS BLOG "SWAMPLAND" PERPETUATES THE MYTH THAT D.C. WAS BUILT ON A SWAMP, WHEN ONLY PARTS WERE RECLAIMED.

Raising the Bar

"Now Fenty wants to raise the smoking ban hardship from a 5 percent drop in business to 15 percent. Can you imagine any other scenario where small business would be expected to tolerate a 14 percent drop in business because of the arbitrary lawmaking of some nanny-state busybodies?"

ROCKCREEKRAMBLER.COM ON D.C. MAYOR ADRIAN FENTY'S INTENTIONS TO MAKE IT MORE DIFFICULT FOR D.C. BUSINESSES TO GET SMOKING BAN EXEMPTIONS.

Buyer Beware

"Items bought at crackhead prices rarely come with warranties or money-back guarantees."

LISTENTOLEON.BLOGSPOT.COM BOUGHT A COMPUTER AT LOW "CRACKHEAD PRICES," AND NOW IS HAVING TROUBLE WITH IT.



Lohan Rejects K-Fed

"In fact, I think just being in the same area code with him means you're at risk. Sure, it might be 'appendicitis,' but it's more likely the delayed reaction of realizing that K-Fed was trying to pick you up. That'll make anyone crazy. Even Lindsay Lohan."

EGOTASTIC.COM THINKS KEVIN FEDERLINE'S TEXT MESSAGE ASKING LOHAN TO GET TOGETHER WITH HIM LAST MONTH HAD SOMETHING TO DO WITH HER RECENT SURGERY.



"I think it's about time that we invade New Jersey and get rid of the al-Qaeda. infidels."

A CURBED.COM COMMENTER BLAMES THE ODOR IN NEW YORK CITY ON MONDAY ON ACROSS-THE-RIVER NEIGHBOR NEW JERSEY AND CALLS FOR ACTION AGAINST THE GARDEN STATE.

Live Online

Black Holes

Washington Post science writer **MARC KAUFMAN**, who covers space and NASA, was online to discuss his article about scientific research about black holes in the universe.

I've often wondered what happens to a black hole after it consumes all the material in the galaxy where it lives. I realize this would take millions of years to occur. Would the black hole still exist in darkness, searching for new stuff to devour, or would the black hole no longer have a gravity/energy source and release all its material into space?

The answer, I believe, is that nobody really knows. Some theorize that the gravity/energy of a black hole can burn out; others say that if a black hole resolves down to a "singularity" with near infinite mass and no volume, then it would never disappear. Whether instruments will ever be developed to answer this question, however, is unclear.

It seems the bigger a black hole

becomes, the stronger it becomes. So why doesn't the whole universe just get sucked up by them?

The universe is characterized by gravitational pulls and forces of all kinds and they act as counterbalance to the pull of the black holes. The line where the forces meet is called the event horizon, and that is where the dynamics get played out.

Although I believe the search for knowledge is generally a noble pursuit, is there anything we can learn from their study that you can envision as being immediately useful or practical for mankind?

NASA often struggles to connect its work to technological advances that are of use, and there have, indeed, been some successes — such as GPS, satellite-based communications and the like. There is also a national security aspect to NASA research; work on close-in asteroids could, someday, tell us that a dangerous object is headed our way early enough that we might do something about it. But when it comes to black holes and cosmology, I think the value is not going to be practical but, as you say, in the search for knowledge.

DON'T

BUY A SIX-PACK. You'll have five extra if you're competing in the 365-Beer contest (mistergone.com/365-Beer), the goal of which is to drink one different beer each day of the year without any duplications. Sign up to track your progress.



TODAY ON LIVE ONLINE: Express writer Vicky Hallett and personal trainer Lennie Magida discuss health and fitness at 11:30 a.m. | washingtonpost.com/liveonline

Bizarro | Dan Piraro

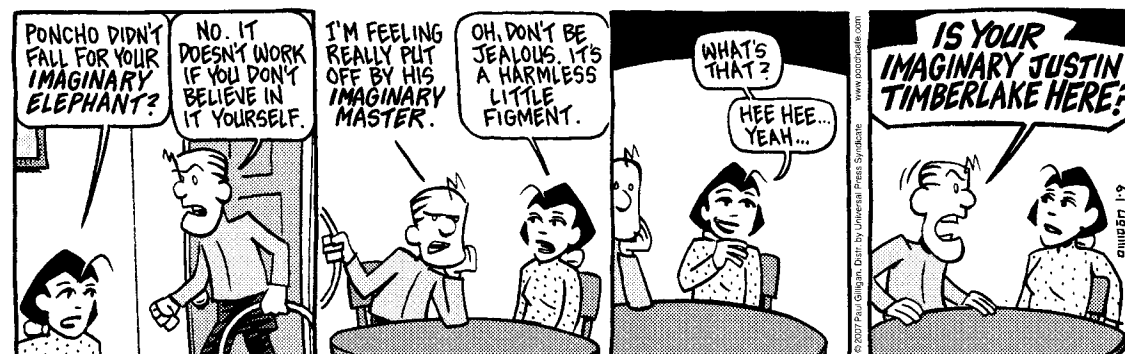


Cornered | Mike Baldwin

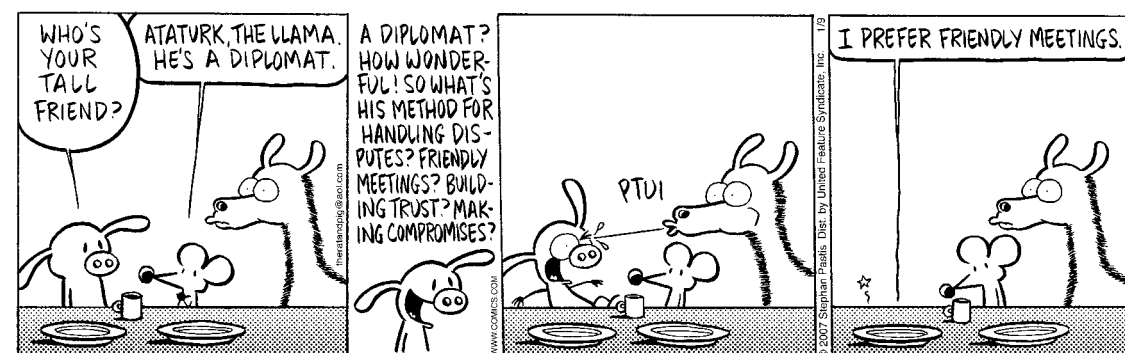


"You do look better. But I still think you've lost too much weight."

Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

CAPRICORN (Dec. 22-Jan. 19) Cooperation pays off handsomely, but you must remain in control if you're not to have your own primary intentions overlooked.

AQUARIUS (Jan. 20-Feb. 18) Don't listen to those who suggest that what you don't know can't hurt you. On the contrary, you may be bitten by an unknown statistic.

PISCES (Feb. 19-March 20) Don't be afraid of that which is outside the realm of your own past experience. Embrace what comes to you — especially if it is new.

ARIES (March 21-April 19) Bargains abound, but you must take care you're not simply spending without taking anything in. Economic balance is the key.

TAURUS (April 20-May 20) The moment you get your chance to air your views, you're going to want to do just that — before as large an audience as possible.

GEMINI (May 21-June 20) Take care

you're not doing the right things in the wrong ways. Style and substance must go hand in hand at this time.

CANCER (June 21-July 22) It's essential you get to the bottom of things before the day is out. Solve a problem now, and others will trust you can do it again.

LEO (July 23-Aug. 22) Your proposals aren't likely to sit well with those who might be ousted if you are able to do what you have planned.

VIRGO (Aug. 23-Sept. 22) You must be ready to compromise. The more you insist on having things your way, the more you're likely to slip from popularity.

LIBRA (Sept. 23-Oct. 22) As the clock ticks, you will be planning something that should take everyone around you by surprise — if it actually comes to fruition.

SCORPIO (Oct. 23-Nov. 21) A chance encounter is likely to turn the tide for you and those on your own private team. Something big is in the making.

SAGITTARIUS (Nov. 22-Dec. 21) Someone you know may be resistant to a few of the things you're planning to get done. He or she can be made a supporter in time, however.



"The Phantom of the Opera" passed "Cats" as Broadway's longest-running show.

Today in History

1788 Connecticut becomes the fifth state to ratify the U.S. Constitution.

1913 Richard Milhous Nixon, the 37th U.S. president, is born in Yorba Linda, Calif.

1968 The Surveyor 7 space probe makes a soft landing on the moon, marking the end of America's series of unmanned explorations of the lunar surface.

1972 Reclusive billionaire Howard Hughes, speaking on the phone from the Bahamas to reporters in Hollywood, denounces a biography on him by Clifford Irving as fake.

1987 The White House releases a memorandum prepared in 1986 for President Reagan showing a definite link between U.S. arms sales to Iran and the release of American hostages in Lebanon.

2006 "The Phantom of the Opera" leaps past "Cats" to become the longest-running show in Broadway history.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.



STUART RAMSON/AP

Even in the womb, his child wished Dad's expressions weren't so broad.

IT'S OVER

The Hot 'Serenity' Chick Will Never Marry You Now

LAURENCE FISHBURNE and his wife, **GINA TORRES**, are expecting their first child, the actor's spokesman, Alan Nierob, said Monday. Nierob gave no other details. Fishburne, who has two children from a previous marriage, and Torres were married in 2002. (AP)

RESCUE

Angelina Offers to Adopt Madonna's Children

ANGELINA JOLIE issued a statement Monday saying Gala, a French magazine, had misrepresented some of her statements about Madonna's adoption of a Malawian child, E! Online reported. "Madonna knew the situation in Malawi, where he was born," Jolie was quoted as saying. "Personally, I prefer to stay on the right side of the law. I would never take a child away from a place where adoption is illegal." (AP)



BRAD BARKET/GETTY IMAGES

SQUABBLING

Oh, Get a Room

ROSIE O'DONNELL says Donald Trump is obsessed with her. "It's the way I look. ... I love when people say you're fat like you don't know," O'Donnell said Monday on "The View." "It's always the first comment of someone who disagrees with you if you happen to be on the plus side." "The word 'fat' played a very small role, if any, in my description of her," Trump said. (AP)

ALMOST FAMOUS

Hey, It's Laura Linney! No, It's Hope Davis! Wait, It's —

PATRICIA CLARKSON will be the 2007 celebrity monarch for the Krewe of Orpheus, the parade group organized by Harry Connick Jr. Past monarchs include Whoopi Goldberg, Stevie Wonder, Dan Aykroyd, Little

Richard and James Brown. "As our city rebuilds ... itself, it could not be more fitting that Patricia Clarkson be honored by the Krewe of Orpheus and our city," said the krewe's captain. (AP)



HA, HA

The Big Party You Were Not Invited to Was Fun

A weekend birthday party hosted by **SEAN "DIDDY" COMBS** and featuring performances by Busta Rhymes, Lil' Wayne, T.I. and The Game for Gilbert Arenas was better suited for Hollywood than the nation's capital. The festivities at Love nightclub started at 9 p.m. Friday and got rolling after midnight when Arenas, who turned 25 Satur-



day, strolled past an ice carving of himself playing basketball. Earlier in the evening, Arenas had 35 points, a season-high 12 assists and seven rebounds to lead the Washington Wizards to a 116-105 victory over the Los Angeles Clippers. "This just shows you how much love Gilbert has and we have as a team," Wizards guard Jarvis Hayes said. "I've never seen a party like this — nowhere close." (AP)



TAKE-HOME MESSAGE

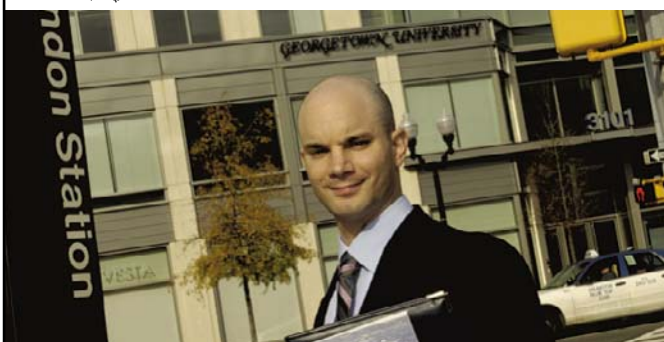
If You Kill Enough Trees, Christina Will Sing to You

The billionaire owner of 84 Lumber could have only one 84th birthday party, so Joe Hardy's children made it memorable. **CHRISTINA AGUILERA** sang "Happy Birthday" to Hardy, who turned 84 Sunday, and Bette Midler performed with an orchestra. Robin Williams was the after-dinner performer. "When they told me I was going to Semicolon, naturally I said, 'Why? Am I being punished?'" Midler quipped, referring to Nemacolin Woodlands Resort, Hardy's posh resort and spa in southwestern Pennsylvania. The celebration ran from 2 p.m. Saturday until 2 a.m. Sunday, so the 500 guests — including Gov. Ed Rendell — could ring in Hardy's birthday as the clock struck midnight. (AP)



GEORGETOWN UNIVERSITY

BUSINESS CERTIFICATES AND COURSES



Business Administration
Franchise Management
Real Estate Investment
Business Process Management
Ethics and Governance
Business Writing
International Marketing
Quality Assurance
Risk Management
Business Communications
...and more.

Register today at cpd.georgetown.edu or call (202) 687-7000

Increase your competitiveness now.

You deserve more from your business career. Let our world class faculty help you develop the skills that will set you apart in a field where the pressure to do more, faster has never been more intense.

LEARN MORE AT OUR INFORMATION SESSION

January 11, 2007 | 6:00 p.m.

3101 Wilson Blvd, Suite 200, Arlington, VA
(across the street from Clarendon Metro Station)

Please call 202.687.7000 or visit cpd.georgetown.edu.

RSVP
REQUESTED.

LOOK out

Weather or Not

ACROSS

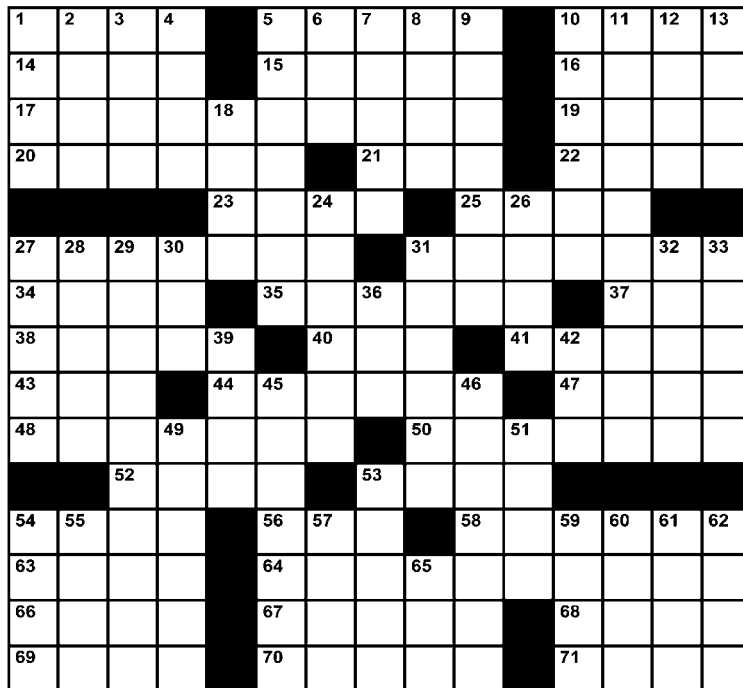
- 1 Seizes suddenly
5 Head-quartered
10 Vigoda and Burrows
14 Sacred image
15 Remove, as a knot
16 Java neighbor
17 Bright notion
19 Support beam
20 Six musicians
21 Hawaiian garland
22 A unit of force
23 Toward shelter
25 Turns right
27 Ne'er-do-well
31 New York university
34 Flash of inspiration
35 Withdraw formally
37 Metallic rock
38 Mutual agreements
40 Director's call
41 Made two-by-fours, e.g.
43 Self-esteem
44 Fair-sized musical groups
47 Rowlands of "Hope Floats"
48 Detection devices
50 Type of movement
52 Statistical information

DOWN

- 53 Bill of fare
54 Sailing vessel
56 Bovine bellow
58 Painting on moist plaster
63 Diva's highlight
64 Light used by pro cameramen
66 Split with violence
67 Duck down?
68 Very painful
69 They have little ones
70 Administer-ed medicine
71 What rings lack

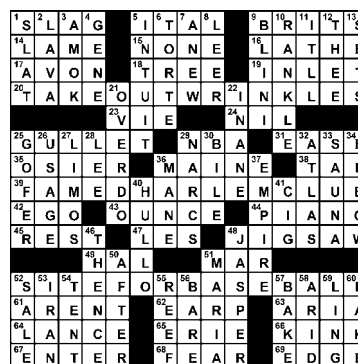
DOWN

- 1 Pen points
2 4,840 square yards
3 Constricting snakes
4 An irritated state
5 Hurries
6 Colony dweller
7 Fur wrap
8 The Emerald Isle
9 Minor deity
10 Waited
11 Party with little presents?
12 Zealous style
13 Royal address
18 Close-by
24 Puts into office
26 "___ Tu" ('70s hit)



- 27 Dries, as dishes
28 Old saying
29 Something a runner may catch
30 Part of a retaliatory exchange
31 State of fitness
32 Team building, perhaps
33 Commemorative piece
36 It can get behind the eight ball
39 Lampblack

Yesterday's Solution



Su|do|ku

Degree of Difficulty: HARD

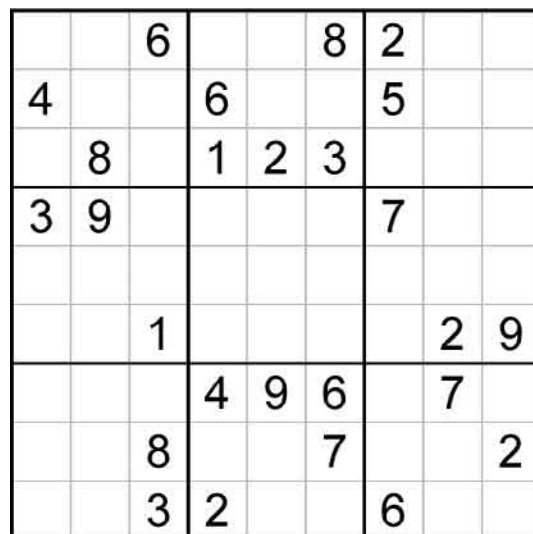
Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | DEPUTY EDITOR—GREG BARBER
ART DIRECTOR—SCOTT MCCARTHY | NEWS EDITOR—MATT SWENSON | SECTION EDITORS—JENNIFER BARGER, ARION BERGER, VICKY HALLETT, IAN HERBERT, MAUREEN HOCH, CHRIS MINCHER, HOLLY MORRIS, KRISTEN PAGE-KIRBY, CAITLIN THOMPSON, DARONA WILLIAMS

WEB EDITOR—MICHAEL GRASS | EDITORIAL DESIGN—SCOTT ROSENBERG | COPY CHIEF—AIMEE GOODWIN | PRODUCTION—MATTHEW LIDDI | PHOTO—MARCIA HARDER | PHOTOGRAPHER—MICHELLE REPISO | CONTENT DEVELOPER—TIM FOLLOS | PUBLISHED BY EXPRESS PUBLICATIONS COMPANY, LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | MAIN: 703-469-2800 | FAX: 703-469-2831 | CIRCULATION: 202-334-6992 OR CIRCULATION@READEXPRESS.COM | ADVERTISING: BOB KEENAN AT 202-334-6025 OR ADS@READEXPRESS.COM | CLASSIFIED ADVERTISING: 202-334-6200



Does OSTEOARTHRITIS interfere with your game plan?



Researchers at the NIH are investigating the effects of chronic pain due to osteoarthritis and the effects of opioid and placebo medications on stress and sex hormones in men.

Participants will come to the NIH Clinical Center for two overnight visits and two outpatient visits.

To participate you must:

- be a man who is 30 to 65 years of age.
- have pain 5 to 7 days a week in a major joint or in the spine for at least 3 months.
- not be allergic to morphine.
- Study is conducted in Bethesda, Maryland.
- All study related tests and medications are provided at no cost.
- Participants are compensated.
- Parking is provided at no cost.



Call today for a preliminary screening
1-800-411-1222
TTY: 1-866-411-1010
Se habla español
<http://clinicaltrials.gov>
Refer to study
04-AT-0239



GEORGETOWN UNIVERSITY

SENIOR EXECUTIVE LEADERSHIP CERTIFICATE



Increase your competitiveness now.

Apply today at cpd.georgetown.edu or call (202) 687-7000

Elevate your leadership skills and rise to the ranks of the most effective managers, team leaders and executives. This select, intensive program will prepare you to meet the unique leadership challenges of today while motivating your subordinates and team members to reach new heights of success.

Spring registration is open for **Senior Executive Leadership** and over **290 Professional Development Certificates and Courses** at our Arlington campus on the metro line. Courses begin soon, so enroll today.

LEARN MORE AT OUR INFORMATION SESSION

January 11, 2007 | 6:00 p.m.

3101 Wilson Blvd, Suite 200, Arlington, VA
(across the street from Clarendon Metro Station)

RSVP
REQUESTED.

Please call 202.687.7000 or visit cpd.georgetown.edu.

SCHOOL OF CONTINUING STUDIES

Weekend Styles. Every Friday



PHARMACY

SUPER SAVINGS

SALE DATES JAN. 7 8 9 10 11 12 13



SEASONAL SCENTS

Candles and Spring Decor
Selection may vary by store.

50% OFF
REGULAR RETAIL



Hershey's, Reese's or Nestle Valentine Packaged Candy 11 - 14 oz.
Brach's Nougats 13 oz.
Valentine M&M's 8 - 14 oz.
Tootsie Roll Valentine Pops or Midgees 21.5 - 22 oz.,
Dove 9.5 oz.
Selection may vary by store.

2 FOR \$5



MAYBELLINE
Eyeliner, Eye Shadow or Mascara
Selection may vary by store (excludes trial sizes, pre-priced & clearance stickered items)

33% OFF
REGULAR RETAIL

Valuable Coupon / Expires 01/13/07

Coke & Coke Products
6 Pack, PET Bottles

2^F 5⁰⁰
LESS IN-AD COUPON
-1⁰⁰
ON 2
2^F 4⁰⁰
YOUR FINAL COST

Good only at RITE AID Pharmacies. Limit one per customer. Not valid if duplicated. +CRV or Deposit where applicable.

Only \$2.00 each with purchase of two and coupon

RC4814602463301011307

STOCK UP

RITE AID
All Oral Care Assorted Types

BUY ONE GET SECOND ONE FREE
of equal or lesser value plus applicable sales tax. Items offered at regular retail.

FREE! 20% MORE

RITE AID
SPECIAL PACKAGE
Acta-Tabs PE 48 ct. + 24 ct. FREE
Non-Aspirin Sinus or Cold PE 24 ct. + 12 ct. Free
Nite-Time Cold or Flu Relief 10 oz. + 2 oz. FREE

2⁷⁹

Manufacturer's Coupon / Expires 1/13/07

\$10 RITE AID GIFT CARD OFFER
See in-store coupon for details. Restriction for adults.

Poise Pads 36 - 72 ct.
Panty 15 - 17 ct.
Depend Undergarments 30 ct.
Underwear 14 - 20 ct.
Briefs 16 - 20 ct.
Selection may vary by store

10⁹⁹
LESS IN-AD COUPON
-1⁰⁰
YOUR FINAL COST
9⁹⁹

Good only at RITE AID Pharmacies. Limit one per customer. Coupon redemption paid by manufacturer. Not valid if duplicated.

RC4910702467601011307



Downy Fabric Softener Liquid 52 - 60 oz. or Dryer Sheets 105 ct.
Bounce Fabric Softener Dryer Sheets - 120 ct.
Tide Laundry Detergent Liquid 80 - 100 oz. or Powder 31 - 40 Use

5⁹⁹

Beer and wine prices and products available only in our Virginia stores.



Corona Extra, Corona Light, Heineken, Heineken Premium Light or Amstel Light Beer
12 Pack, 12 oz. Longneck, Non-Returnable Bottles

11⁹⁹

SUPER VALUE

RITE AID
Envelopes Standard Security 80 ct., Regular 100 ct., Business Security 40 ct. or Regular 50 ct.
Index Cards 3" x 5" - 100 ct. or 4" x 6" - 80 ct.
Writing Tablets Ruled or Unruled, 6" x 9" - 100 Sheets
Selection may vary by store

3^F 99^C

We Accept All Medicare Prescription Plans

To find the RiteAid nearest you, go to www.riteaid.com

CERTAIN ITEMS MAY NOT BE AVAILABLE IN ALL STORES. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES EXCEPT WHERE PROHIBITED BY LAW (IDAHO). SINGLE CHECK REBATE GUIDELINES LIMIT SUBMISSION ON REBATE ITEMS TO ONE ITEM PER HOUSEHOLD. PLEASE SEE APPLICABLE SINGLE CHECK REBATE DIRECTORY AVAILABLE IN ALL OF OUR STORES AND OUR WEBSITE FOR ADDITIONAL PROGRAM GUIDELINES. BEVERAGE ITEMS ARE +DEPOSIT WHERE APPLICABLE BY LAW. TERMS AND CONDITIONS APPLY TO GIFT CARDS.

fit

PHYS ED

Body Mechanics



Rev your engine by working out like the dudes on a race-car pit crew team | **E5**

NUTRITION

I'll Drink to That



Ditch the soda for water spiked with immunity boosters and vitamins | **E9**

express

EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | JANUARY 9-15, 2007

Resolution Solutions:

Spice up your diet with funky veggies and whole grains | **E8**



BaggageCheck

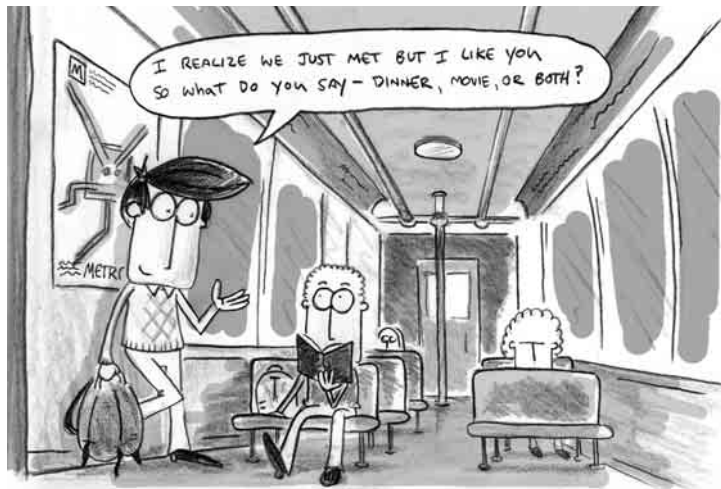


GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Finding Friends, Fitness in the New Year

Q I'm 22 and have lived in D.C. for two years, and I have no friends. I've tried meeting people online, though school, through family, even greeting them randomly on the Metro. I'm confused because nothing seems to work. I feel like I am people-repellent. —ANONYMOUS

This is much more common than you'd think. I truly believe that making friends can be harder than dating, which at least has something of a protocol (and prettier hair!). You may be focusing so hard on trying to move a person into the box checked "friend" that you don't enjoy the in-the-moment interaction. Like a date who won't make good dinner conversation because he or she is too



consumed with whether there'll be a second date (or a breakfast, or a wedding!), it might be that your good qualities are being outshined by the nervous urgency of

"Will we end up friends?"

Try to lessen the pressure. Focus more on activities you enjoy, whether artistic, athletic, civic, spiritual or even a part-time job or volunteer

work. Ideally, it'll become a two-for-one, as you'll be relaxed and happy enough to finally connect with some like-minded people.

Q I put on weight when my mother died six years ago and recently realized I've spent more of my adult life overweight than not (I'm 28). I can't seem to stop overeating for emotional reasons. I've always believed it's a question of willpower, but now I'm looking for deeper answers. Could I have some really severe problems? —NOT THIN IN VIRGINIA

If emotional overeating signified "really severe" problems, then your average American is as screwed up as a driving school run by Nicole Richie.

But you're astute to realize this isn't about willpower, resolutions or the number of fat grams in a macaroon. Occasionally eating for emotional reasons is human and

nothing to sound the alarm about. Consistently eating to fill an emotional void, however — and developing such a struggle with body image and weight that food becomes the enemy — is quite an unhappy way to live. For you to connect the rise of your overeating habits with your mother's death is an important first step. A therapist can help you uncover exactly how food came to pack such an emotional wallup.

In the meantime, getting adequate sleep and fluids can make you less vulnerable to bingeing, and coming up with a list of distractions and simple coping mechanisms to avoid eating when bored or distraught can help you through the tough moments. Skipping meals is a no-no — it'll only drag down your mood and metabolism. The real progress, though, will be made when you find a way to break the grip food has on your identity.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

BE GOOD
DO GOOD
FEEL GOOD

This year you'll be making *excuses* to go to the YMCA.

Try your Y for **FREE** for one full month and you might just find yourself making excuses to go work out.

ESPECIALLY WITH YOUR FIRST MONTH **FREE!** JOIN TODAY.

Limited Time Offer, expires January 31.

JOIN NOW BY CALLING 1-800-473-YMCA OR BY VISITING YOUR Y TODAY!

BRANCH LOCATIONS THROUGHOUT METROPOLITAN WASHINGTON.

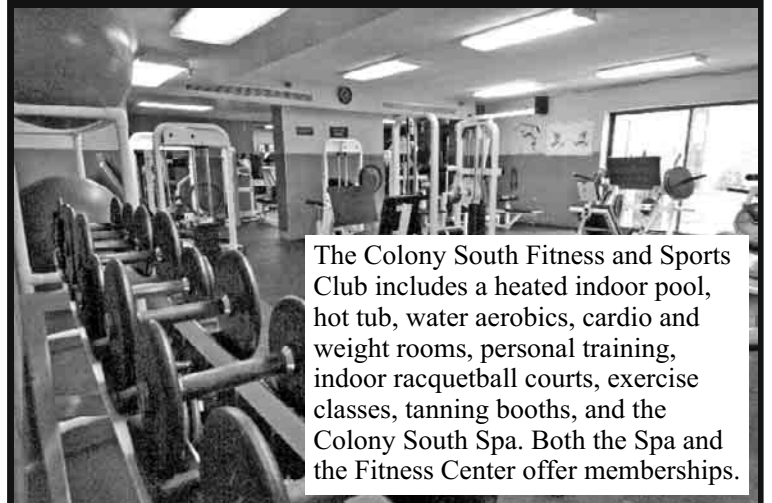
LEARN MORE AT ANY OF OUR OPEN HOUSES WEDNESDAY, JANUARY 24.

YMCA of Metropolitan Washington
We build strong kids, strong families, strong communities.

www.ymcadc.org



What About that New Year's Resolution?



The Colony South Fitness and Sports Club includes a heated indoor pool, hot tub, water aerobics, cardio and weight rooms, personal training, indoor racquetball courts, exercise classes, tanning booths, and the Colony South Spa. Both the Spa and the Fitness Center offer memberships.

~ONE FREE SESSION~

Summer will be here before you know it so keep that promise to get fit this season!

Call 301.877.4806 and sign up for **YOUR Free Session** with a personal trainer at the Fitness and Sports Club at Colony South Hotel & Conference Center.

Colony South
HOTEL & CONFERENCE CENTER
7401 Surraffs Road
Clinton, MD 20735

For more information on **Colony South Hotel & Conference Center** call 301.856.4500 or visit our website at www.colonysouth.com



Court Cool With These Kicks

IF A SNEAKER IS good enough for the San Antonio Spurs' Tony Parker (soon to be Mr. Eva Longoria), the Nike Air Force 25 will probably do for your pick-up games, too. The \$175 footwear, which went on sale for non-NBA stars the day after Christmas, commemorates the 25th anniversary of Nike's performance basketball shoe. And not only does it look devastatingly cool, but it's also packed with all kinds of new technologies that will at least make you more comfortable, even if they don't up your game.

NEW
IN HEALTH
**warm
ups**

Work Out to Win the Game

'CALORIES BURNED' can only hold your attention for so long. But on the ProForm 20.0 CrossTrainer Elliptical (\$800, Sports Authority), two integrated video games will make you never want to tear your eyes away from the screen. The harder you exercise, the easier the games are. And while "Fat Blocker" and "Calorie Destroyer" aren't quite "Grand Theft Auto," you'll appreciate their relative easiness when panting and working the controllers.

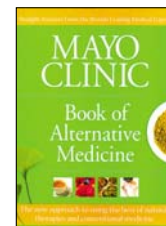


Light and Easy

THE "MAYO CLINIC

Book of Alternative Medicine" reduces a confusing morass of therapies into a metaphor kindergartners can intuitively understand: traffic lights.

Acupuncture for pain? Green light! Noni juice for high cholesterol? Yellow light! Kava for insomnia? Red light! The lengthy third section clearly outlines popular alternative treatments for common problems (insomnia, colds, depression). Still, definitive answers are few: There are lots of yellow lights.



Your Daily Bread

WHEN YOU GRAB your usual loaf of wheat bread from the grocery store, you're probably proud of yourself for eating whole grains. So you may be shocked to know that most wheat bread isn't 100 percent whole grain—it basically has the same nutritional content as a white loaf. But Sara Lee Soft & Smooth 100% Whole Wheat (\$2.50) offers the real deal. Although the slices have a slightly more aggressive texture and flavor than Wonder Bread, when slathered in peanut butter or surrounded by luncheon meats, you won't notice the difference. But your body will.

PRODUCTS

GuineaPig



Feeling Blue? Just Chew

WE'VE BEEN DOWN THE "ENERGY gum" road before. Last time, it was laced with caffeine. For that matter, good old sugar-packed gum will give you an energy boost if you chew a whole lot really fast. The latest gimmick: LifeFitness is offering Rapid Energy gum (in spearmint and cinnamon, \$2.50 for 12, CVS), the key ingredient of which is 300 percent of the RDA of vitamin B12.

Now, B12 is a good vitamin. It helps red blood cells grow and keeps the central nervous system happy. But it may not have the magical properties ascribed to it by folks who swear large amounts produce bursts of energy. Showbiz folks are among its biggest fans: Charlize Theron, Hugh Jackman and Prince all love their B12 shots, according to Variety. Maybe they would dig this gum, which tasted like Dentyne, lost flavor fairly quickly, and failed to provide lots of energy, even after chewing 12 pieces in quick succession.

HOLLY J. MORRIS (EXPRESS)

No Surgery • No Downtime • No Varicose or Spider Veins

THE VEIN CLINIC OF WASHINGTON

Samir Neimat, MD - Washingtonian "Top Doctor" since 1991 Board Certified Specialist in Cardiovascular Surgery

Call for a free screening: 301-270-VEIN (8346)

Sclerotherapy • Laser Treatment • VNUS® Closure®

| THE EXPERTS

TrainReaction

Hitting the Wall

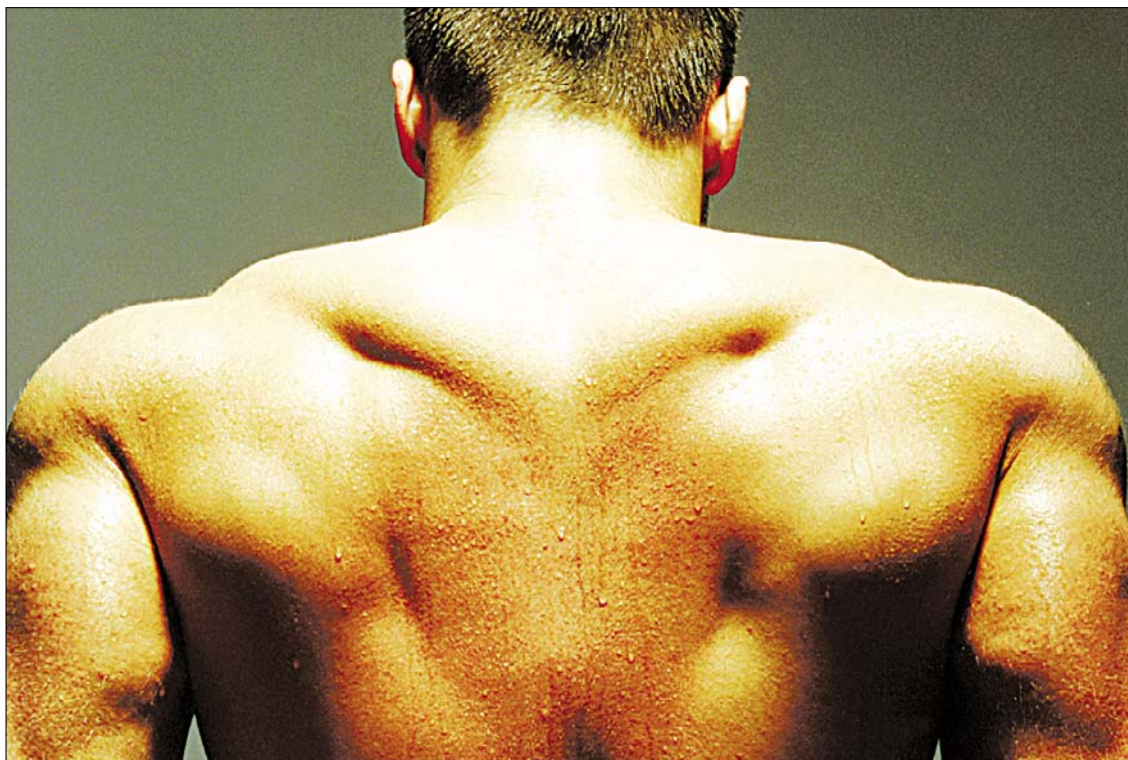
Q When I use the elliptical in the gym, I work as hard as I can for 20 minutes. I'd like to be able to exercise longer, but my muscles just can't keep up. Why is this?

You are probably reaching your anaerobic threshold due to the high intensity of your training. This is why your muscles seem to give up before you can reach your desired time limit.

When your muscles start moving, they burn ATP for fuel, producing lactic acid as a by-product. As you continue to train at a high intensity, your body has a hard time keeping your efforts aerobic. Lactic acid builds up in the surrounding muscle tissue, because your body is still using carbohydrates stored as sugar for fuel. Glucose is the body's primary fuel source during any intense exercise lasting longer than 30 seconds.

To both sustain a longer duration on the elliptical and to burn fat for fuel, try intervals. Work super-hard for five minutes, then cut your intensity in half for the next five minutes. Keep this up for at least 30 minutes. This workout pattern will give your body the chance to flush away the lactic acid more efficiently during the less intense phases of your workout, and help you avoid the dreaded anaerobic threshold!

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.



GETTY IMAGES

5 Muscle Myths

Don't believe everything you hear at the gym

The gym is infested with bad information. Lies that start with well-intentioned gym teachers trickle down to students who become coaches or know-it-all gym-rat preachers. Lies morph into myths that endure because we don't ask questions, for fear of looking stupid.

Scientists, on the other hand, gladly look stupid — that's why they're so darn smart. Here's what top exercise scientists have to say about the information that's passed around in gyms.

Myth 1
Lifting incredibly slowly builds incredibly big muscles. Lifting super slowly produces super-long

workouts — and that's it. University of Alabama researchers recently studied two groups of lifters doing a 29-minute workout. One group performed exercises using a five-second up phase and a 10-second down phase, the other a more traditional approach of one second up and one second down. The faster group burned 71 percent more calories and lifted 250 percent more weight than the super-slow lifters.

Myth 2
If you eat more protein, you'll build more muscle. To a point, sure. But put down the shake for a sec. Protein promotes the muscle-building process, called protein synthesis, "but

you don't need exorbitant amounts to do this," says John Ivy, Ph.D., co-author of Nutrient Timing. If you're working out hard, consuming more than 0.9 to 1.25 grams of protein per pound of body weight is a waste. Excess protein breaks down into amino acids and nitrogen, which are either excreted or converted into carbohydrates and stored.

Myth 3
Leg extensions are safer for your knees than squats. It's a matter of knowing what you're doing. A recent study in Medicine & Science in Sports & Exercise found that "open-chain" exercises — those in which a single joint is activated, such as the leg extension — are potential-

ly more dangerous than closed-chain moves — those that engage multiple joints, such as the squat and the leg press. The study found that leg extensions activate your quadricep muscles slightly independently of each other, and just a five-millisecond difference in activation causes uneven compression between the patella (kneecap) and thighbone, says Anki Stensdotter, the lead study author.

Myth 4
Never exercise a sore muscle. Before you skip that workout, determine how sore you really are. "If your muscle is sore to the touch or the soreness limits your range of motion, it's best that you give the muscle at least another day of rest," says Alan Mikesky, Ph.D., director of the human performance and biomechanics laboratory at Indiana University-Purdue University at Indianapolis. In less severe instances, an "active rest" and even light lifting can help alleviate some of the soreness. "Light activity stimulates blood flow through the muscles, which removes waste products to help in the repair process," says David Docherty, Ph.D., a professor of exercise science at the University of Victoria in Canada.

Myth 5
Stretching prevents injuries. Researchers at the Centers for Disease Control and Prevention reviewed more than 350 studies examining the relationship between stretching and injuries and concluded that stretching during a warm-up has little effect on injury prevention. "Stretching increases flexibility, but most injuries occur within the normal range of motion," says Julie Gilchrist, M.D., one of the study's researchers. Warming up is what prevents injury, by slowly increasing your blood flow and giving your muscles a chance to prepare. SCOTT QUILL (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

VITALSTATS

22

PERCENTAGE OF CALORIES THE AVERAGE AMERICAN GETS FROM LIQUIDS, ACCORDING TO THE MILK PROCESSOR EDUCATION PROGRAM.

running for congress

■ Rep. Patrick McHenry (R-N.C.)

AFTER HIS FIRST YEAR as the youngest member of Congress, McHenry, 31, decided he needed to change his fitness routine. Now he goes to the gym several times a week, either running on the treadmill or using the elliptical machine. "I realized that I was going to have to do something, that I was going to go crazy or I was going to have to buy new suits," he said. FAWN JOHNSON



"In college, there's the freshmen 15. In Congress, there's the freshmen 15. You just don't take care of yourself. You're going constantly, and you're eating whatever you can eat, and you don't have time to get out of the office."

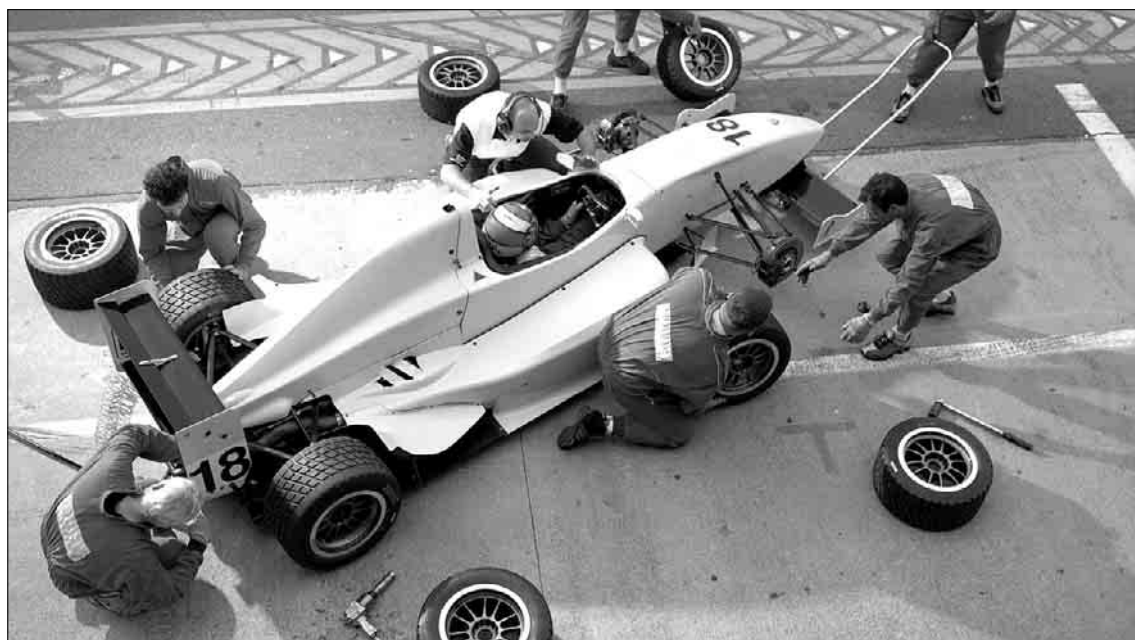
"I've lost close to 20 pounds this year. It's not really because of diet. It's just exercise."

"My office is one-third of a mile from the House floor. I have to walk back and forth from the floor multiple times a day."

"Breads and potatoes. I love 'em, but, you know, I try to cut it out."

"My dad was a marathon runner. I'd love to run a marathon at some point."

Phys Ed | fit



License to Thrive

Strength and agility are required for pit crews

As a NASCAR driver comes screaming toward the pit, seven elite athletes are perched on the pit wall, preparing to launch themselves at the race car faster than a pack of hungry pumas.

When the car pulls in, the race is on. The jack man runs out, screeches to a halt and jacks up the 2-ton stock car in one motion. Front and rear tire-changers dash out just as quickly, hitting five lug nuts per tire in about one second. Working with the tire carriers, they yank the 70-pound tire off, hang a new tire, and hit the five lug nuts on it.

Meanwhile, the gas man hoists an 90-pound gas can and empties it into a 4-inch hole in six seconds, then does it again with a second can.

They do all this in 12 or 13 seconds, if all goes well.

You can ooh and aah at the quickness of a premier running back, and you can marvel at the power of a major league hitter. But for quick-moving explosive bursts of power, hand speed and all-around teamwork, you can't beat the unsung over-the-wall guy.

"They're going from zero to 100 percent in the snap of a finger," says Corinne Mauldin, pit crew coordinator for Richard Childress Racing. "They have to jump into action from a dead stop."

Today's pit crews are fitter, stronger and more agile than ever. Over the last 10 years, pit crew members have emerged as bona fide athletes, partly in response to changes in the race cars and the sport. As the cars have become more technologically advanced, success or failure in the pit has never been so important.

"The pit stops in a race are basically a race within a race," says Andrew Carter, a pit crew coach at Roush Racing. "Say you have two cars that are running equal speeds on the racetrack. What you gain or lose in the pit could mean the difference in winning or losing the race."

As a result, more teams are recruiting pit crew members for

specific athletic skills. Some are even snagged from local college and pro football teams.

Trainers and coaches work with the crews on drills and exercises designed to promote explosive speed, physical agility and hand-eye coordination. They also focus on core strength and balance, so that if the pit crew member slips, trips or is launched by a car, he'll have the skills to adjust his trajectory and land safely — the way a cat can flip in the air and land on its feet.

NASCAR evolved from bootleggers and moonshiners running from the law. That's a far cry from today's sport, but there's one similarity: They could have used an elite pit crew.

JANET CROMLEY (LOS ANGELES TIMES)

RACE DAY READINESS

Many pit crew members do specialized exercises designed to mimic the functions of their jobs. Here are just a few of them:

- **TIRE CHANGER:** Holding a 5-pound medicine ball, the changer runs to the car's wheel well and rams the medicine ball at the wheel studs, simulating hitting the lug nuts as fast as he can. Then he pulls away, as if yanking off the tire.
- **TIRE CARRIER:** While standing, the carrier holds a 45-pound plate at waist level, then lifts it straight up.
- **JACK MAN:** Using a 35-pound medicine ball, the jack man runs around the car, halts at the right point and goes through the motions he would make if he were actually jacking up the car.
- **GAS MAN:** Standing on a smooth, 2-foot-by-8-foot Formica board, the athlete slides back and forth with booties on, like a speed skater, while attempting to hit a stationary cup with a gas spout.

GET THE WEIGHT OFF NOW!

REDUCE INCHES NOW IN OUR RUN/WALK AND LIFT PROGRAM

Intense Strength Training, Eat Right & Lose for Life Program

Get Your Shape Back! Get Firm And Tight!

- Morning, Afternoon, and Evenings Sessions • Special classes for 40+
- MEN Get Your Physique Back • Avoid the crowds – Taking 12 per group
- Cardio



G.I. Jane's Has the Best Trainers, you get 3 different Trainers in your fitness program
WE MOTIVATE TO GET RESULTS!

Call G.I. Jane and buy a spot!
Open Mon-Sat 6 am – 8 pm

GI JANE BOOTCAMP

202-547-7906

426 8th St. SE, Eastern Market Metro

WWW.GIJANEFIT.NET

For a different type of workout *try...*

anusura
Yoga

register now for winter classes!

winter classes start jan 8



willow
street yoga

301.270.8038

willowstreetyoga.com

2 metro accessible locations:

old town takoma park, 6930 carroll ave
downtown silver spring, 8561 fenton st



KRAV MAGA™
OFFICIAL TRAINING CENTER

A Licensee of Krav Maga Worldwide Enterprises, LLC

The official self defense and fighting system of the Israeli Defense Forces and numerous US Law Enforcement agencies.

Intro Classes Jan 9,11,13,16

Reality based self defense classes for men & women

Simple, effective and easy to learn

Get a great total body workout while learning an invaluable skill



202.328.1201
x105

www.KravMagaDC.com



WeekendPass makes the weekend delicious.

Every Thursday in Express.



Wear the Natural Look

Here's how and why to purchase earthly beauty products

These days, there are more beauty products labeled "natural" and "organic" than there are Uggs in Britney Spears' closet.

According to market researchers, sales of "natural" and "organic" beauty goods reached \$4.3 billion in 2004 and are expected to hit \$6.6 billion by 2010. All of which begs investigation, since, when it comes to shampoos, lotions or lipsticks, the labels' claims don't always apply. "Any company can put 'natural' on its product, even if it contains less than 1 percent natural ingredients," said Rose-Marie Swift, president of beautytruth.net, a site that reports on the link between synthetic chemicals and health. How the heck are you supposed to know which natural products are really natural?

Hold that thought — and let's focus on why the au naturel approach is suddenly so de rigueur. For one thing, because they're generally milder, truly natural and organ-

ic products "are a great alternative for people prone to skin reactions or concerned about potentially harmful chemical additives," said Francesca Fusco, M.D., associate professor of clinical dermatology at the Mount Sinai School of Medicine. Add to that the fact that there's very little information about what many manufactured beauty ingredients actually do to our bodies: 89 percent of the 10,500 ingredients used in personal care products have never even been evaluated for safety by the FDA, according to the nonprofit Environmental Working Group. That's because the FDA only examines ingredients that have received a complaint. "As much as 60 percent of topical skin-care products are absorbed through the skin and into the bloodstream," said Nancy Lonsdorf, M.D., an Iowa-based physician. "They should be consumed with the same prudence that we use to choose our breakfast cereal."

The simplest way to make sure



Lather up with organic products for a milder — but wilder — experience.

you're slathering on the best Mother Nature has to offer is to look for the green "USDA Organic" label on the package, said Craig Minowa, an environmental scientist at the nonprofit Organic Consumers Association. The United States Department of Agriculture recently began allow-

ing the label (formerly reserved for food) on cosmetics whose contents are 95 percent certified organic — meaning they've been grown without synthetic fertilizers or pesticides. The remaining 5 percent of the ingredients must come from a list of allowable additives, which include

nonorganic natural substances and synthetics like ascorbic acid (vitamin C), calcium citrate and glycerin.

Most brands have yet to carry the seal, in part because organic ingredients are often costlier than nonorganic ones, Swift says. Three that do: Aubrey Organics, which makes hair- and skin-care products and cosmetics; Dr. Bronner's & Sun Dog's Magic, which makes lip and body balms and lotions; and Nourish, which makes face and body washes and body scrubs.

But if you don't need your cosmetics to double as dinner, there are lots of reliable natural brands that don't carry the USDA seal. The FDA requires product makers to list ingredients in descending order, with the highest concentrations first. So, "make sure the ingredients at the top are natural or plant-derived," said Kirstin Binder, president of Saffron Rouge, a Web site specializing in organic beauty products. Three brands Binder recommends: the German line Dr. Hauschka, high-end Jurlique and essential-oil-packed Primavera. They aren't completely organic, but they use lots of high-quality plant ingredients and essential oils.

(REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

The look you've always wanted!

Abelyne Hair Centers

Longer fuller hair...for a younger look

NO TRACKS, NO BULK, NO GLUE, NO POLOYWAX, NO THREAD, NO KIDDING

Longer, fuller hair is not a dream anymore...

FREE CONSULTATIONS

www.abelyne.com

NEW CLIENTS - SPECIAL DISCOUNT WITH THIS AD

ABELYNE HAIR CENTERS • 703-522-7069 • 2300 CLARENDON BLVD. COURT HOUSE PLAZA ARLINGTON, VA

Our services are offered in a private and relaxing hair studio.

Before After

Now you can have beautiful thick long and natural looking custom-blended hair.

Hours of Operation
Tuesday to Saturday
9:00AM to 7:00PM

It's time to leave her housemates for a house.

Sell your home in Express.
Place your Classified ad today.
202-334-6200.

express
A Publication of the The Washington Post

www.readexpress.com

Classified ads appear in Express and The Washington Post.

Look Hot Even in the Cold

By mid-winter, it seems as if everything — and everyone — looks washed out. But you can boost your color even in the cold.

Fix Your Foundation

By this time of year, all remnants of summer color are gone, and your skin is lighter. So choose a base at least one shade lighter than you'd wear in other seasons. And opt for a hydrating formula that contains moisturizing ingredients such as glycerin or sodium hyaluronate because skin tends to be drier, too.

Disguise Dark Circles

Winter colds can exacerbate puffiness and under-eye shadows. To fix, after putting on foundation, dab on a yellow-based cover-up one shade lighter than your base. Apply as close to the lash line as possible, blending from the outside edge of the eye socket to the side of your nose (which helps hide



the tinge cast by your eyes).

Perk Up Pale Cheeks

Bring back your bronzer. The reddish brown tones help counteract the ruddiness brought on by colder air. However, don't go more than two shades darker than your skin tone or you'll look muddy. Using a large brush, tap areas of your face

that naturally pick up color: your forehead, nose, cheeks and chin.

Winterize Your Eyes

Fierce winds, not to mention the common cold, can cause your eyes to tear, resulting in runny shadow and mascara. For staying power, prime lids with face powder to absorb any excess oil, which can cause makeup to smudge. And use long-lasting formulas that are designed to work all day.

Polish Your Pucker

For luscious lips in ChapStick season, first remove dead skin by applying a lip balm and gently exfoliating with a damp washcloth. Then use cream lipsticks. And steer clear of ultra-dark shades, which age you because they absorb rather than reflect light. BOBBI BROWN (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)



Some people never give up.

Like Harry Freedman, Sport&Health member since 1979. In 2004, a front-end loader crushed his leg and doctors had to amputate. Harry weighed his options, either fade away or train as before. Guess which he chose?

Some people need an incentive to start. Like free enrollment.

\$0
enrollment fee

Join in January, and you'll pay nothing on your enrollment fee. You'll also receive

a free SmartStart personal training session. Plus 30 free days of online nutrition and meal planning. As well as a free week pass. Just stop by one of our 24 area locations, or call 1-800-227-2985. For more details, visit sportandhealth.com.

sport&health
YOU BELONG

GET SEVEN DAYS FREE

Bring this coupon to any Sport&Health for a free week of cycling, running, swimming, sculpting, lifting, racquet sports, basketball, group exercise classes and much more. Visit sportandhealth.com to find the closest Sport&Health location.

EXPRESS

Available on a fitness term basic membership. Must be 18 years or older and a local resident. Present photo I.D. Limit one per person. Expires 1/31/07. Some restrictions may apply.

fit | Nutrition

| THE EXPERTS

ChewOnThis

The Java Jive

Q I love coffee, but I've heard mixed messages when it comes to coffee and health. Please help!

COFFEE SOMETIMES gets a bad rap, but unnecessarily so. In fact, the latest nutrition research confirms that a few cups of coffee a day won't cause harm, and that there may even be some health benefits linked to coffee consumption.

For instance, a new study from the University of California-San Diego found that coffee drinkers are less likely than non-coffee drinkers to develop Type 2 diabetes. Scientific evidence also suggests that coffee might protect against the development of



Parkinson's and Alzheimer's diseases. From a nutrition standpoint, plain coffee or an unsweetened coffee drink made with non-fat milk is your best bet; a non-fat latte offers protein, calcium and vitamin D for as few as 100 calories.

Just remember — everything in moderation. Enjoy two or three cups of joe a day, but watch caffeine intake in the evening, especially if you have trouble falling or staying asleep.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com.

VITALSTATS

5

PERCENTAGE OF AMERICAN DOGS THAT ARE OBESE. A NEW PFIZER DRUG IS MEANT TO HELP POOCHES.



Don't fear the produce aisle of the supermarket. Gourds, beans and greens can make your meals healthier and better tasting.

Dishing on Dining

Jazz up your meals with wholesome ingredients

Staring at a bunch of kale, Elizabeth McBurney realized how rarely she cooked with greens. "That's a new ingredient for me," said the 37-year-old mom of two, who spent Saturday at Arlington's Sur La Table for a class titled "Fast and Easy: Healthy Meals for a Week."

As with most of the other students, preparing nutritious yet tasty dishes is a goal of McBurney's for the new year. And it appeared that the oven-roasted salmon over kale with dill and parsley would soon become a regular fixture on her dining room table. "A three-and-a-half-year-

old would think this was fun," she marveled as she separated the kale leaves from the stem. "Ripping your food. He could get into that."

Playing with produce gets the stamp of approval from Isabel Clark, the wellness counselor (clark.wellness.net) who led the class. While boredom with veggies was a common complaint from the students, Clark said that only happens when folks limit their options. "For people who get in a rut, go to a farmer's market and look for the weirdest produce item you can and try it," she suggested. (That's how she became acquainted with Jerusalem artichokes and celery

root.) Whoever's working the stall can probably offer up some simple recipe suggestions, and maybe you'll find a new diet staple.

Including more veggies and other wholesome goodies in your eating rotation is an easier way of overhauling your diet than banning foods, Clark said. "Drink an extra three glasses of water a day, have whole grains, eat more sweet potatoes," she advised. Positive language lets a meal makeover sound more doable, and the more good stuff you're eating, the less likely you are to gorge on fatty and sugary stuff.

Her guidelines jibe well with "The Best Life Diet" by Bob Greene,

Oprah's personal trainer, which promises to be the next big diet book — look for Best Life labels on products all over the grocery store, including fat-free yogurts, grapefruits and whole-grain pasta. Greene asks readers to drop just six foods, which are all easily replaced with healthier options (whole-grain bread instead of white bread, for instance). Even banned foods are permissible as "anything goes calories."

"Go to a farmer's market and look for the weirdest produce item you can."

Greene also emphasizes that physical changes won't necessarily come immediately, but they will eventually transform your body. "If you do it right, it'll be more sustainable," Clark agreed.

Doing it right requires cooking at home, because it's only when meals originate in one's own kitchen that you can be sure what went into them. That can be daunting for the uninitiated, so Clark encourages would-be chefs to peruse for inspiration. One of her favorites is "The Saucy Vegetarian" by Joanne Stepaniak, which suggests simple condiments (ideal for dipping veggies) that can be made with a whisk or a blender.

When the hunger for naughty foods comes, simply give yourself a zero-calorie reward. "I recommend a grandma-style, old-school hot-water bottle," Clark said. "Place it on your abdomen. It brings attention and balance to that part of your body. It's just a nice soothing treat."

Hopefully, by 2008, you'll just be craving heaps of leafy kale anyway. VICKY HALLETT (EXPRESS)

Healthy Fats and Flavorings

■ SALMON TACOS, makes four servings

INGREDIENTS: 1 1/4 pounds salmon fillet; salt and black pepper; 2 tbsp. fresh lime juice; four scallions, thinly sliced on the diagonal; 1 cup packed fresh cilantro, coarsely chopped; 1/2 cup reduced-fat sour cream; eight 6-inch whole wheat tortillas; 4 cups shredded romaine lettuce; two medium carrots, peeled into strips.

GETTING STARTED: Place the salmon in a 2 1/2-quart microwave-safe dish with a lid. Season with salt and pepper, then drizzle with 1 tbsp. of the lime juice. Sprinkle with the scallions and 1/4 cup of the cilantro. Cover and microwave on high for seven minutes. Pour off any liquid and flake with a fork. In a small bowl, stir togeth-



er sour cream and remaining lime juice and cilantro. Season with salt and pepper. When the fish has cooked, stack the tortillas between paper towels. Microwave on high for 45 seconds. Arrange lettuce and carrots in each tortilla, top with salmon and drizzle with sauce. Fold in half. (AP)

PER SERVING: 434 calories, 37 g protein, 32 g carbs, 17 g fat, 18 g dietary fiber.

4score

Drink mixes that render humble fluids functional



Airborne On-the-Go (\$7 for 8, drugstores)

THE VERDICT: The original Airborne supplement was a fat, fizzy pill one plopped into a cup of water. But it was too big to fit through a bottle's neck. Thus was born Airborne On-the-Go, narrow packets of purportedly immune-boosting powder (it's mostly vitamin C, with hefty doses of A, E, manganese and an herb cocktail of echinacea, ginger and friends). It produces a cloudy, yet tasty and tangy, lemon-lime drink that rivals flat Sprite for flavor.



Luna Elixir (\$18 for 15, drugstores)

THE VERDICT: Like its nutrition-bar kin, Luna's drink mix is aimed at women, with 15 percent of the RDA of calcium and 10 percent of iron, plus vitamins A, C, E and several B's. It's afflicted, not with an after-taste, but with a before-taste: As you're about to sip, a chalky smell taints the wholly inoffensive, weakly flavored water that follows.



Garden of Life Tea Packets (\$12 for 30, evitamins.com)

THE VERDICT: Each green or oolong packet contains a soy sauce-looking fluid that transforms water into tea without the pesky steeping. The green variety was sweet and gentle, like green-tea ice cream, while the oolong was inexplicably coffee-flavored, and created a dark, bitter brew our tester compared to Guinness.

Zipfizz (\$35 for 20, zipfizz.com)

THE VERDICT: The three flavors of this sparkly beverage mix — berry, citrus and pink lemonade — all taste like Sweet Tarts; thanks to the magic of sucralose, however, they're only five to 10 calories a pop. Each test tube is packed with caffeine, vitamin C and a whole lot of B12 — 41,667 percent of the RDA! Is there a decimal point missing there?



New Healthy Hair Extensions!

Serving the DC Metro Area



Trichology Hair Solutions

Specialized Haircuts, Color and Styles for men and women with thinning hair! Discreet.



703-212-2000
www.thehairlossclinic.com

New Location!
Alexandria, VA

Conveniently close to
Near King Street Metro Station



- Invisible
- Undetectable
- 100% Human Hair
- Tangle Free
- Works in combination with all of our natural hair growth treatment packages

Holiday Special!
up to **\$200 off**

On All Healthy
Hair Extensions

Additional Savings When Combined
With Any Laser Packages!

Limited Appointments
By Stylist Palo Ruitz (Hair Loss Expert)
Coupons may not be combined with any other offer.
With coupon only. Exp. 1/31/07.

Laser Hair Loss Treatment - Non Surgical

HAIR LOSS IS NOW OPTIONAL

703.212.2000
www.thehairlossclinic.com



Trichology Hair Solutions

As Reported on
ABC, NBC, CBS & FOX

- Chemical Damage
- Traction Alopecia
- Genetic
- Hormonal
- Alopecia Areata
- And All Hair Types for Men & Women



FREE
Consultation With A
Hair Growth
Analysis Plus
20% off
All Treatment Packages

First 100 Clients
With coupon only. Exp. 1/31/07.

NEW

YEAR

NEW

DEAL

**77¢
Sundays!**

Start 2007 saving on *The Post*. We've reserved a limited number of discounted subscriptions — 26 weeks of Sundays for just 77¢ per week!

Call **1-888-562-0095, Ext. 28**
or visit www.washingtonpost.com/subscribe

Offer expires 2/25/07. Restrictions may apply.

NA S548 5x12

The Washington Post

| STUDIES

Stethoscope

Regular Rubbers

■ It's a case for Sherlock Holmes. In two U.K. surveys done 10 years apart, there's been an upswing in the number of young Brits who use condoms (for 16- to 24-year-old guys, it's gone from 61 percent in 1990 to 82 percent in 2000). Yet, there's been an increase in STDs. Doctors from the University of Brighton are surmising this is because many of the folks with multiple partners are inconsistent with their condom use. So use them all the time, my dear Watsons.



No, Dope, Use Soap

■ Purell addicts, take note. In the January issue of the Harvard Health Letter, editor Dr. Anthony Komaroff reported that washing up after a bathroom break with old-fashioned soap and water is just as effective as squirting on antibacterial sanitizers. Just 15 seconds of soap and water scrubbing banishes 90 percent of bacteria. The problem? A lot of people don't do that. That's when the gels come in handy, but they have to be used properly, with enough sanitizer to cover the entire hand.

Look, but Don't Pet

■ Sure it looks adorable, but that pet hamster could be a salmonella infection waiting to happen. An article published in the New England Journal of Medicine warned about the dangers of "pocket pets," which can harbor disease and pass it on to humans — which is what happened during a 2004 outbreak. So if you want to keep Fluffy, be sure to wash your hands a lot, don't smooch her, and keep her out of the kitchen.

Thighs on the Prizes

Lose weight, feel better and win something while you're doing it

Successfully obtaining a slimmer, more toned body that always engages in healthy habits might be enough to entice some people to overhaul their lives for the new year. But it never hurts to throw in a prize — or at least some free stuff — too. And sorry, kids! You have to be 18 or older to bag a grand prize in these four contests.

National Body Challenge

A million smackeroos will go to two lucky adults who sign up for the free Discovery Health Channel's weight-loss extravaganza (health.discovery.com/BodyChallenge). You get an additional chance to win every time you update your activities and weight on the site. (The winner's not chosen by most weight lost, though — it's just random.) While trying to up your chances for the million, you'll, hopefully, linger on the site to get tips from health experts and peruse some of the 1,000 recipes. Everyone who enters gets a free eight-week membership for Bally Total Fitness.

To kick off the program, celebratory events are being held across the country this weekend (including at Westfield Shoppingtown Montgomery, 7101 Democracy Blvd., Bethesda). You can get weighed, have a body-fat analysis, chat with nutritionists or trainers, win prizes in a trivia contest and more. Just be sure to snag an appointment before hitting the mall.



Health & Fitness Expo

If the promises of a rock-climbing wall, a ski simulator, an indoor soccer field and Dance Dance Revolution Extreme 2 don't inspire you to haul your bum to the D.C. Convention Center this weekend for NBC4's annual expo (Saturday and Sunday from 9 a.m. to 5 p.m.), perhaps the chance to enter a sweepstakes for a trip for four to Universal Orlando will (find out the details at nbc4.com/healthandfitnessexpo). But even if you don't get the grand prize, various exhibitors are making the trek worthwhile, offering chances to score free workout passes, bicycle helmets and pedometers. And then there's all the free info you

If the idea of dropping inches isn't inspiring, how about a prize of \$1 million?

can get from the cooking demonstrations and health screenings (for cholesterol, diabetes and more).

Rock the Scales

Members of Washington Sports Clubs (including ones who join

by Jan. 31 and take advantage of the special \$20.07 membership fee) can enter to win in this free music-themed promotion, which will reward certain participants with a trip to Vegas, a Pilates getaway in Toronto, a \$2,000 shopping spree, exercise equipment and more. Winners aren't selected based on weight loss, just participation (find out more at mysportsclubs.com). But it can't hurt to follow the fitness advice you'll get in weekly e-mails or the eight-week meal plan developed for the program.

Rite Weigh Challenge

While stopping in to pick up a prescription or online, you can sign up for Rite Aid's free healthy living program that promises to help you lose up to 10 percent of your body weight in 10 weeks (riteaid.com/riteweighchallenge). You just have to drop in on live, online weight loss seminars, check out routines from Fitness Magazine and download Rite Aid's Healthy Weight Guide. Plus, if participants update their data for each of the 10 weeks, they can win one of five grand prizes: their choice of a \$500 Rite Aid gift card, a \$500 Spa Finder gift card or a year's membership for Bally Total Fitness.

VICKY HALLETT (EXPRESS)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you experience strange feelings deep within your legs that make you unable to resist moving? Are these feelings worst at night or during periods of inactivity, such as a plane ride? You may have **RESTLESS LEGS SYNDROME**, a neurologic movement disorder that drives its victims to spend hours pacing, rocking, stretching, exercising or repeating other leg motions. The unpleasant sensations in affected legs range from burning and itching to a sense of water flowing, usually in the calves. The cause of spontaneous RLS — that which isn't caused by drugs or another medical condition — is unknown, but various medications can help quell the symptoms.

SOURCE: RAREDISASES.ORG, WEMOVE.ORG. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

Get results in 2007

You could
**win a fit makeover
package!**

- A 1-year membership to any Washington-area Sport & Health Club
- One 6-pack of personal training sessions
- A full day of spa services from Serenity Day Spa
- \$500 shopping spree at H&M



One winner will be selected to win the Express Fit makeover package.

Enter now! Visit readexpress.com and click on the contest link.



sport&health
sportandhealth.com

Serenity
DAY SPA
SerenityGift.com

express

No purchase necessary. Must be 18 to enter. Employees of Express, The Washington Post, Serenity Day Spa, Sport & Health and H&M are not eligible. Please visit readexpress.com for complete rules. Entries must be received by Wednesday, January 31, 2007. Winner will be notified by February 2, 2007.

